

# Breathing Techniques

1. **Hand or star breathing**-A video by Dr Karen Treisman introducing a brief breathing exercise called “hand breathing”. It can be used for children and for adults.

<https://youtu.be/NAIdSdx-jps>

2. **Sensory, grounding, soothing, and regulating box**– A video by Dr Karen Treisman discussing how to make and create a sensory, soothing, and grounding box which supports all of one’s senses to regulate. Suitable and adaptable for children and adults.

<https://youtu.be/9XyxqWiqLk0>

3. **Muscle tensing and releasing tool**-A video by Dr Karen Treisman introducing a brief tension releasing exercise of tensing and relaxing one’s muscles. Suitable and adaptable for children and adults.

<https://youtu.be/FbhUxg9eHDE>

4. **Left and right body breathing**– A video by Dr Karen Treisman introducing a breathing exercise which supports left and right breathing. Suitable for older children, teenagers, and adults.

<https://youtu.be/MHwiqovPrXY>

5. **Rhythm and butterfly breathing**-A video by Dr Karen Treisman introducing how rhythm can be used to help to change one’s regulation and arousal. Also, this introduces the butterfly hug move which activates both the left and right side of one’s brain. Suitable and adaptable for children and adults.

<https://youtu.be/e6z6TJ1wQDM>