

Breathing Cards for Parents and Carers

Print, cut and keep near your self care kit.

How to use

Keep the cards visible on the fridge or in a bag. Pick one when stress spikes, or add to your evening routine. Repeat the script out loud if it helps anchor your attention.

Breathing sequence cards

Card 1: Pocket Calm

- Inhale through your nose for 4 counts.
- Hold gently for 2 counts while you lengthen your spine.
- Exhale through your mouth for 6 counts and drop your shoulders.
- Repeat for 4 rounds. Whisper the word "soften" on the exhale.

Card 2: Steady Sway

- Stand or sit tall and sway gently side to side as you breathe.
- Inhale for 3, exhale for 5. Let your arms hang loose.
- After 6 rounds, pause and scan your jaw, chest and hands for tension.
- Finish by stretching your arms overhead and yawning if you can.

Card 3: Box reset

- Inhale for 4 counts.
- Hold for 4 counts.
- Exhale for 4 counts.
- Hold with empty lungs for 4 counts. Trace the sides of a box with your finger as you go.