

Chugga Chugga Train Breathing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WdJKJ4XaNEg](https://www.youtube.com/watch?v=WdJKJ4XaNEg)
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SUMMARY

This video introduces a fun breathing exercise designed for children, from toddlers to teens, using a playful "train" theme. The activity emphasizes the importance of breathing techniques for emotional regulation and can be easily incorporated into daily routines.

- *The breathing exercise involves inhaling through the nose and exhaling while mimicking a train sound ("chug chug").*
- *It can be done three times in a row, with the speed increasing for added fun.*
- *The exercise is suitable for children of all ages, especially toddlers and preschoolers.*
- *Practicing breathing techniques helps children manage big feelings and stress.*
- *Incorporate breathing exercises into daily routines, such as before school, bath time, or dinner.*
- *The activity promotes mindfulness and emotional awareness in children.*

hi there here is a fun breathing that you can do with your children toddlers all the way to teens I don't know if your teens will be that willing to do train breathing but I am positive your Toddlers and your preschoolers will love it so we inhale through our nose like this and then we get our arms going and we say chug chug chug chug chug chug again inhale chooo and we do it three times so you're

inhaling and exhaling we're going to do it again inhale exhale as you say chugug chugug chugug inhale again choo and last time inhale chugug CH it's fun for all I even enjoy it and you can have the train start off slow and then get faster just have fun with

it teach your children about breathing practice it daily so that when things are not going their way they can have that skill there for them to help them through whatever is going on whatever big feelings they may be feeling it all starts with breathing so have fun do breathings on the way to school do breathings before bath time do breathings on the way home from school just make it part of your routine even before dinner you can do a breathing

just have fun remember do it at least three times I wish you well oh