



Hot Cocoa Breathing Instructions:

Give the child a Hot Cocoa Cup. Explain to the child that you are going to learn how to do hot cocoa breathing and practice it. Pretend to smell the hot cocoa (breathing in deeply), then tell the child that the hot cocoa is so hot that they have to blow on it slowly and softly, so they do not splash it out (blow out softly). Repeat these two to three more times. Then tell the child it is time to take a sip (taking a breath as you sip). Then tell the child that it is so good that we are going to say, "mmmmmmm" for as long as possible. Repeat the breathing and blowing out three times and have them sip/say "mmmm."



Hot Cocoa
Breathing
How-To
Video

Rebound &
Recovery
Website



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