

Make-N-Take

Project: Breathing Star

Materials:

- 2 file folders
- Scissors
- Markers
- Tape
- Glue stick
- ¼ page of blue paper
- Printed "Breathe with me..." sign
- Printed star template



Usage:

Use the Breathing Star to lead children in deep breathing. Invite children to "Breathe with me..." as you open and close the folder slightly. Coach them to S.T.A.R.: Smile, Take a deep breath And Relax three times. In small group time, allow each child to have a turn breathing with the Breathing Star. Once everyone is familiar with the process, place the Breathing Star in the Safe Place for children to use on their own as the need arises.

Directions:

1. Print and cut out the star template.
2. Lay the folder flat, center the star template on the fold and trace around it.
3. Re-fold the folder and make a 2-inch cut perpendicular to the center fold, about 1/3 of the way from the bottom.
4. With the folder still folded in half, make a sharp crease from the farthest edge you just cut to the center fold. The resulting shape will be a triangle.
5. Repeat step 4 with the other side of the cut edge.
6. Unfold the triangles and open the folder.
7. Hold the folder with the star side facing you. Reach around the back of the folder and use your fingers to poke the creased triangles toward you so they look like a beak.
8. Place a second folder behind the star folder to form the back of your breathing star. Tape the piece of blue paper to the second folder in the approximate location of the mouth and glue the edges of the folders together.

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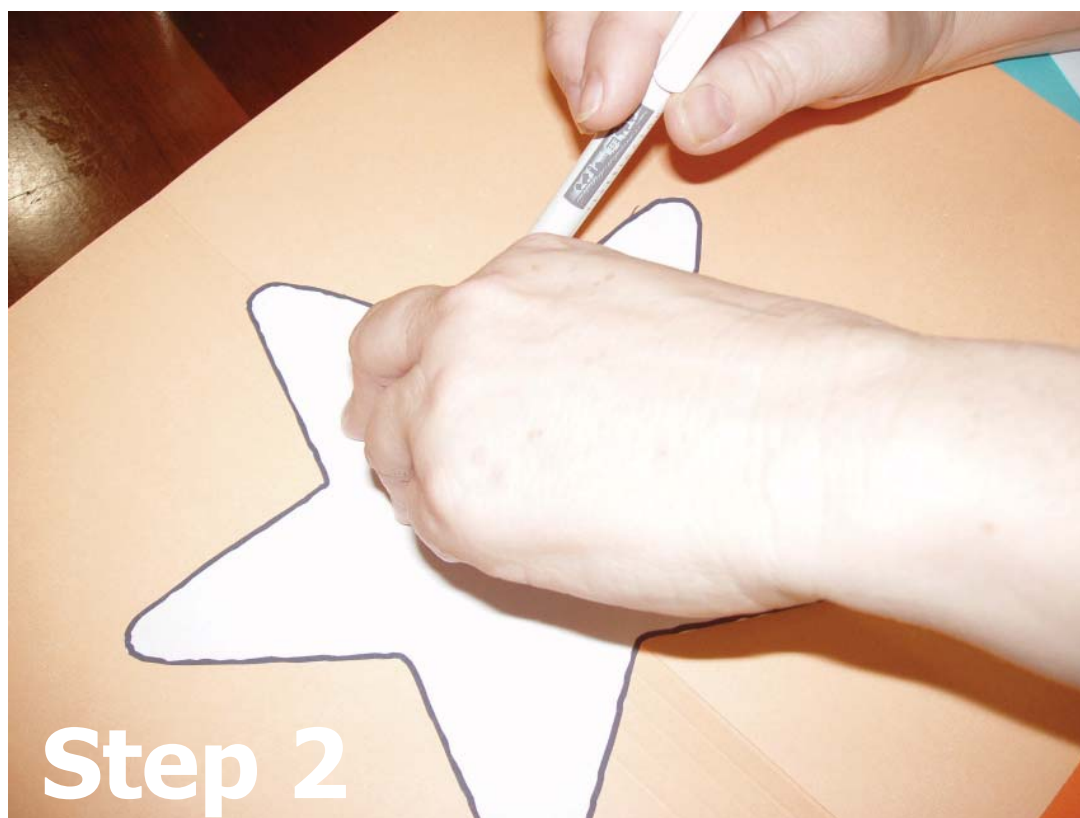
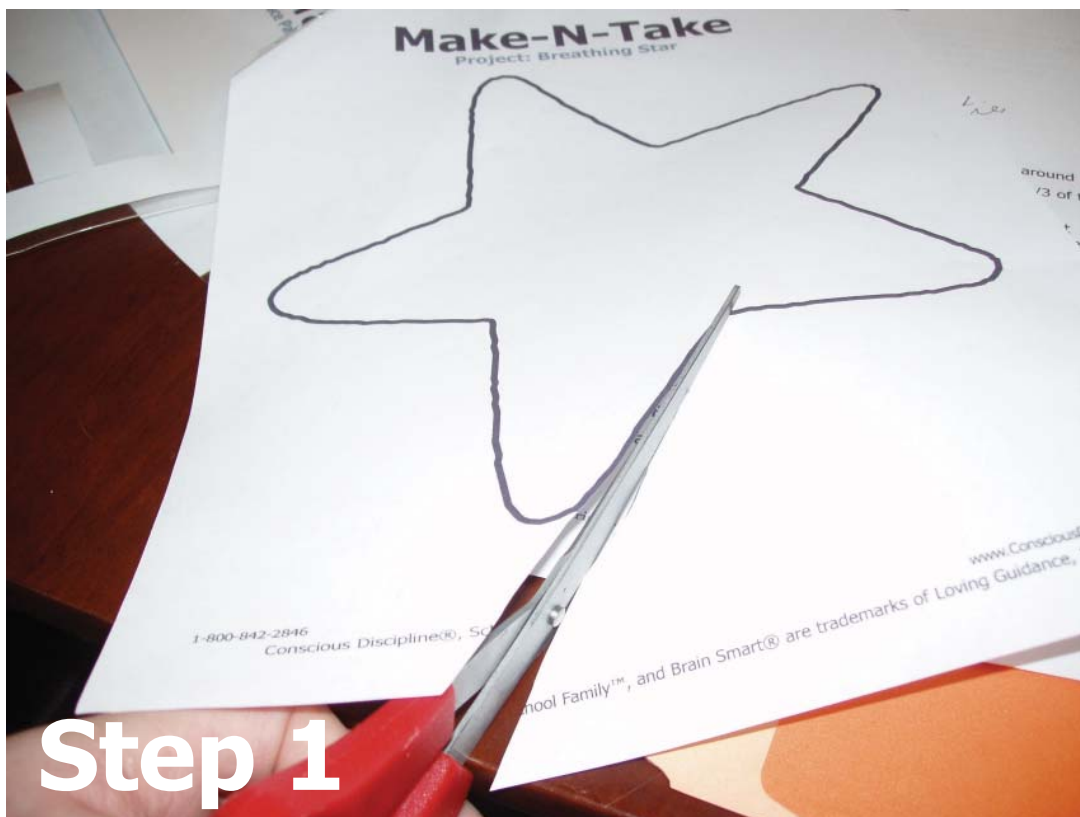
9. Print, cut out and glue the “Breathe with me...” phrases on the outside of the folders.

10. You did it! You made a Breathing Star!

Optional: Decorate your star with eyes and a nose if you choose.

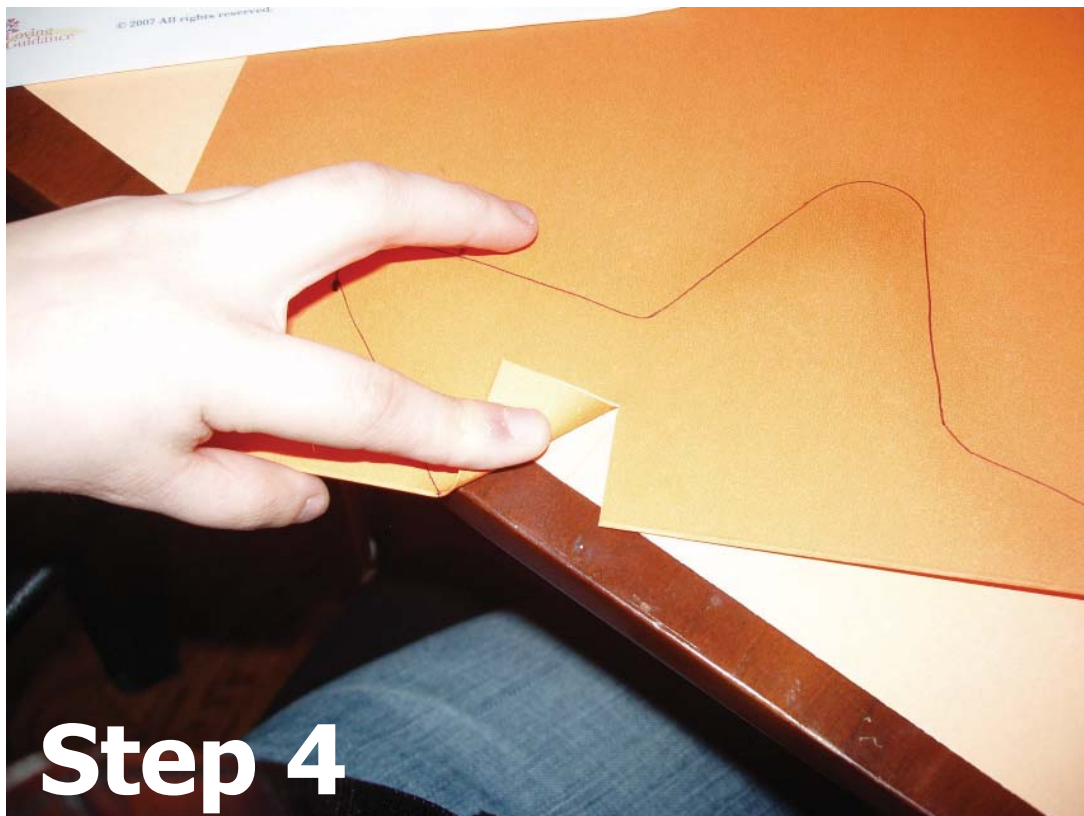
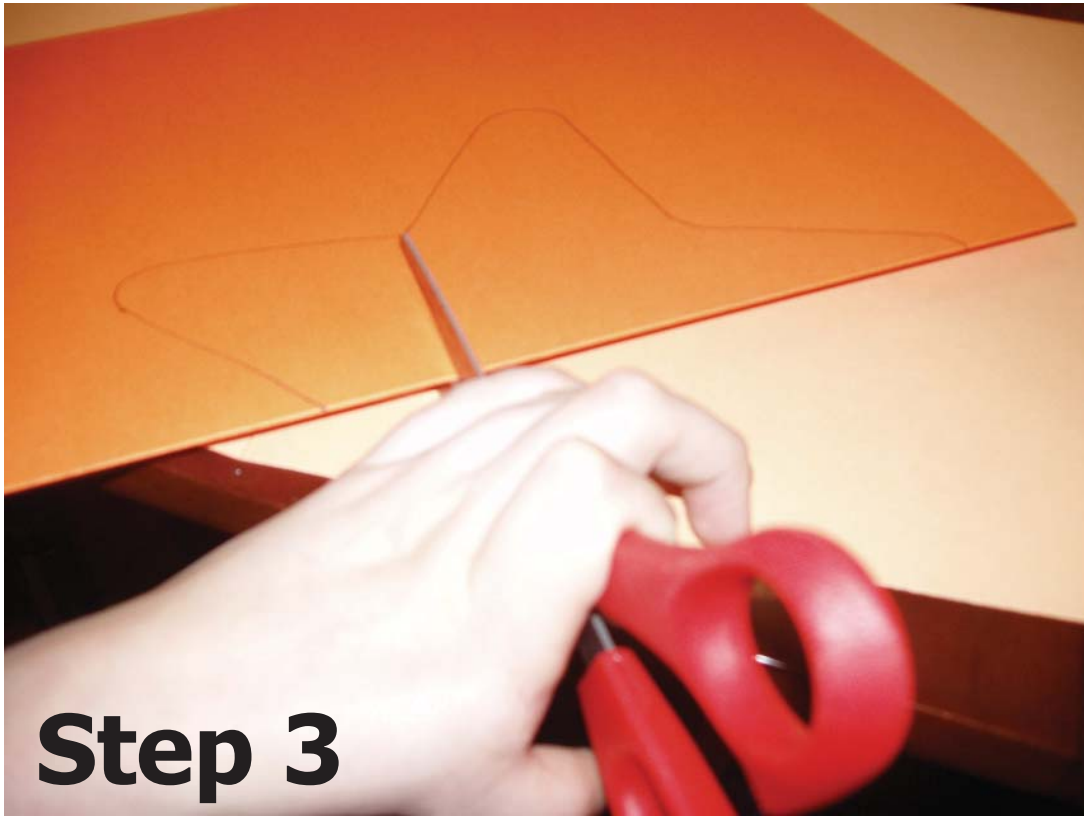
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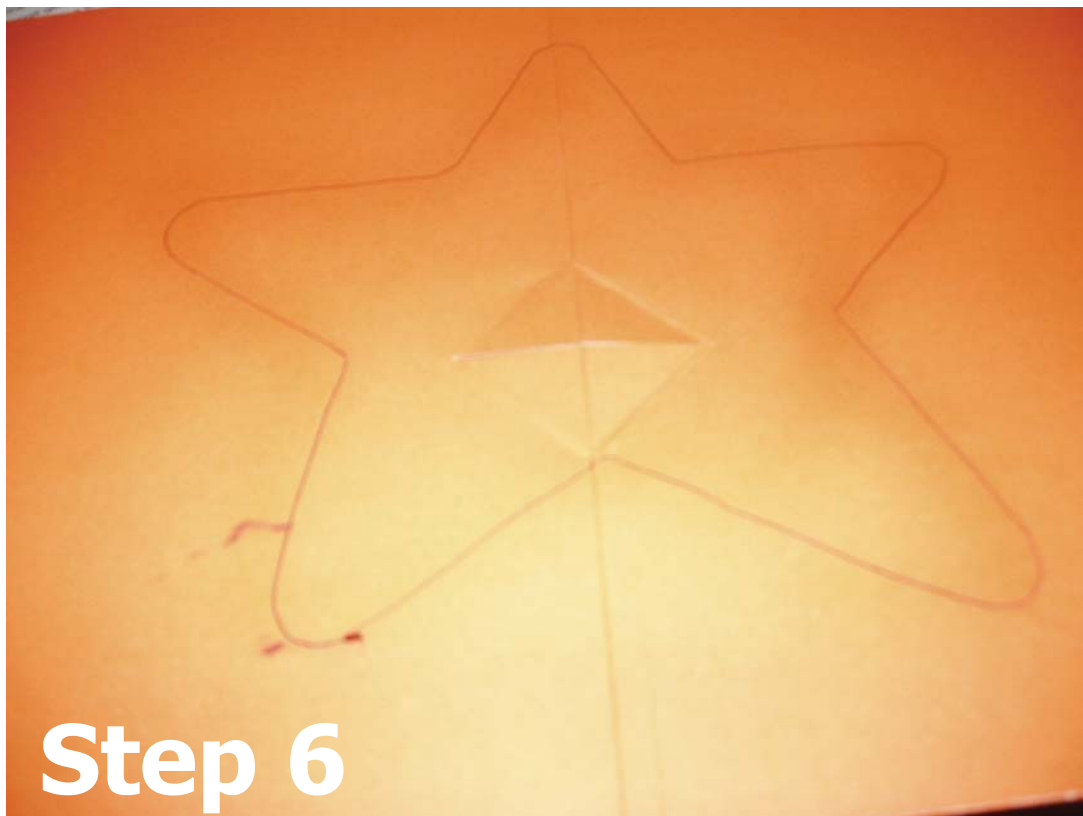
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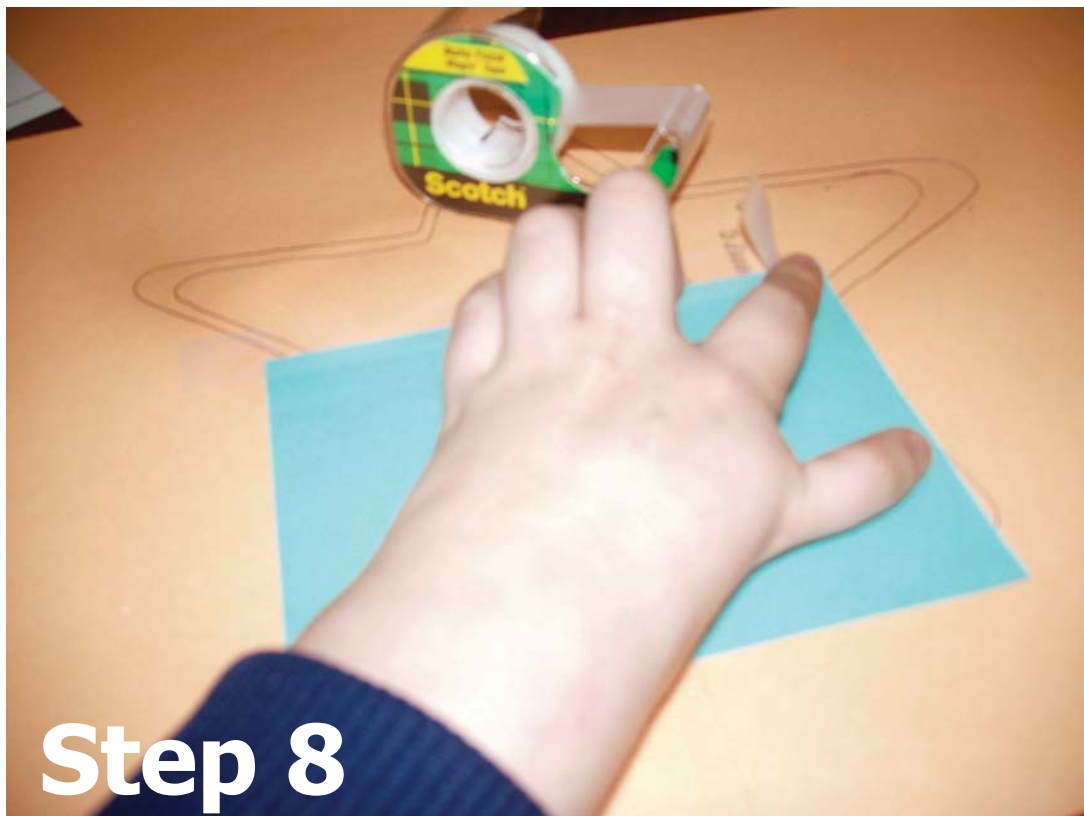
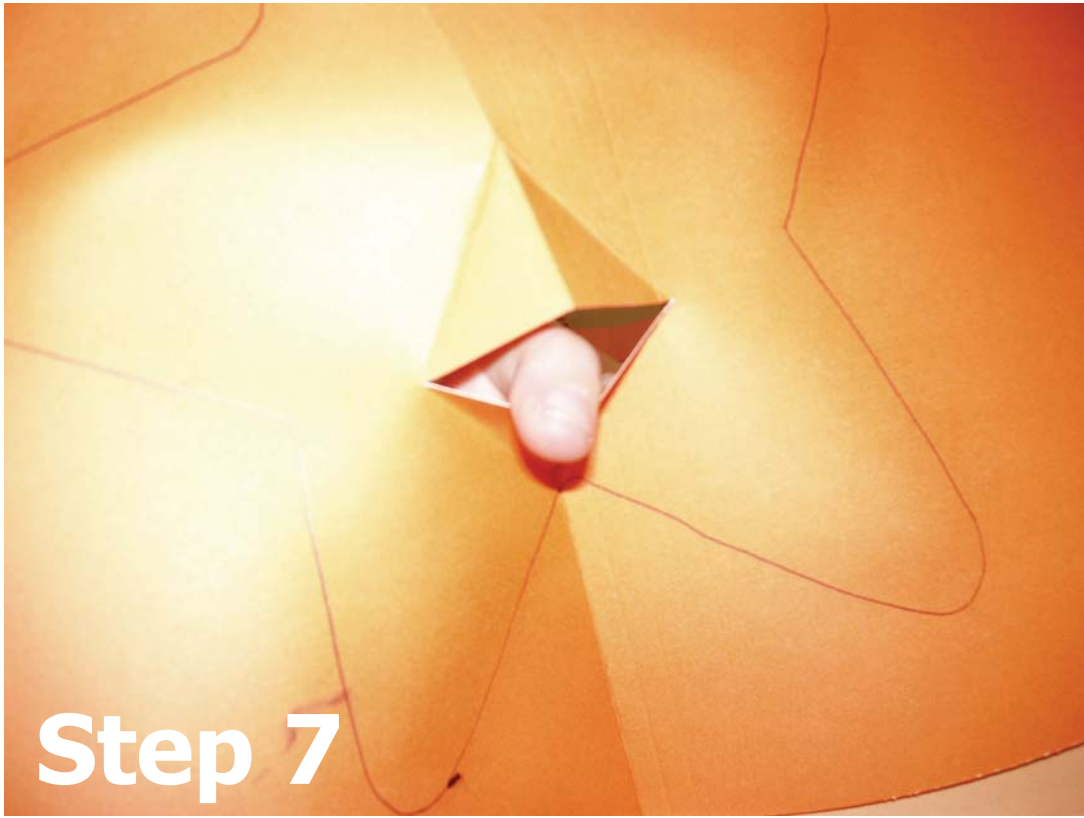
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