

Free printable · Shapes · Ages 3 to 6

Wobblin's Calm Shapes

Shape breathing cards and a little story for big feelings. Trace a shape, breathe slowly, feel calmer.

What's inside

- A short Wobblin story about feeling worried and finding calm
- 6 shape breathing cards to cut out
- Big square and star breathing posters
- A feelings check-in with Wobblin
- My calm plan

Tips for grown-ups

- Practise on calm days first, so it feels familiar when feelings are big.
- Breathe along with your child. They'll follow your pace.
- Keep it short: one or two times round a shape is plenty.
- If breathing exercises upset your child, stop. Other things can help too.

Shape breathing is a simple calming idea, not a treatment. Talk to your GP if you're worried about your child.

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A little story about Wobblin's calm shapes.



Sometimes Wobblin feels worried. His tummy feels wobbly and his glow goes dim.



Wobblin finds his calm shape. He traces the square with his finger, slowly, breathing in, hold, out, hold.



Round and round the square he goes, until his glow feels warm and steady again.

Read it together before you try the breathing cards. Ask: "What makes you feel wobbly like Wobblin? What could help?"

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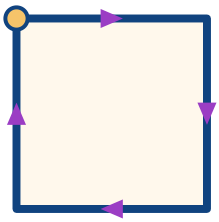
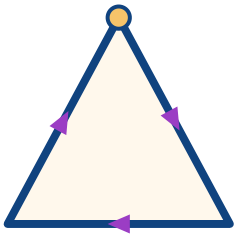
My calm shape cards. Trace a shape with your finger and breathe slowly.

✂ Cut out the cards. Keep them in a calm corner, a bag or on a key ring.



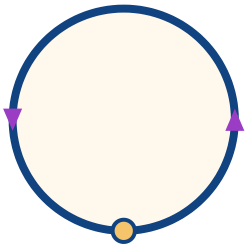
Square breathing

Start at the gold dot. Trace each side: in, hold, out, hold.



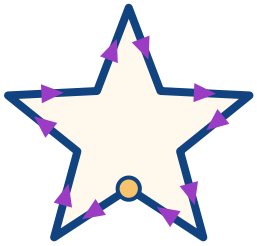
Triangle breathing

Trace up: breathe in. Across the top: hold. Down: breathe out.



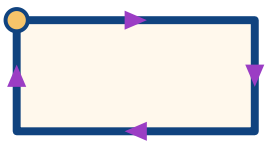
Balloon breathing

Trace up and over the top as you breathe in. Trace back down as you breathe out.



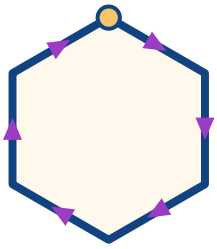
Star breathing

Trace up each point: breathe in. Trace down: breathe out.



Long rectangle breathing

Slow breath in along the long side. Hold on the short side.



Honeycomb breathing

Six sides: in, out, in, out, in, out. Like a little bee.

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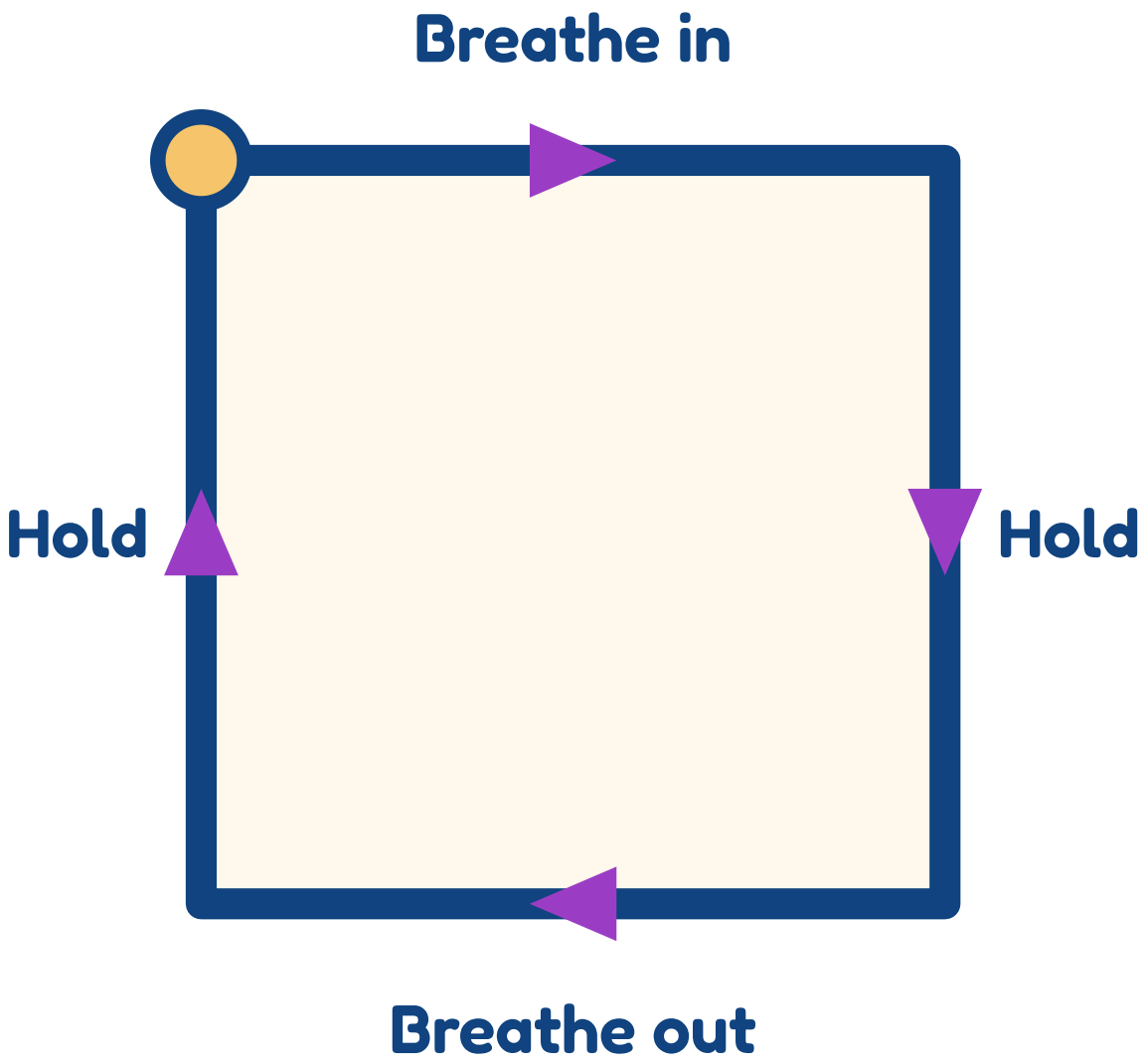
Square breathing. Start at the gold dot!



How to use it: Put your finger on the gold dot. Trace along each side slowly, following the arrows. Breathe in along the top, hold down the side, breathe out along the bottom, hold up the side. Count to 3 on each side.

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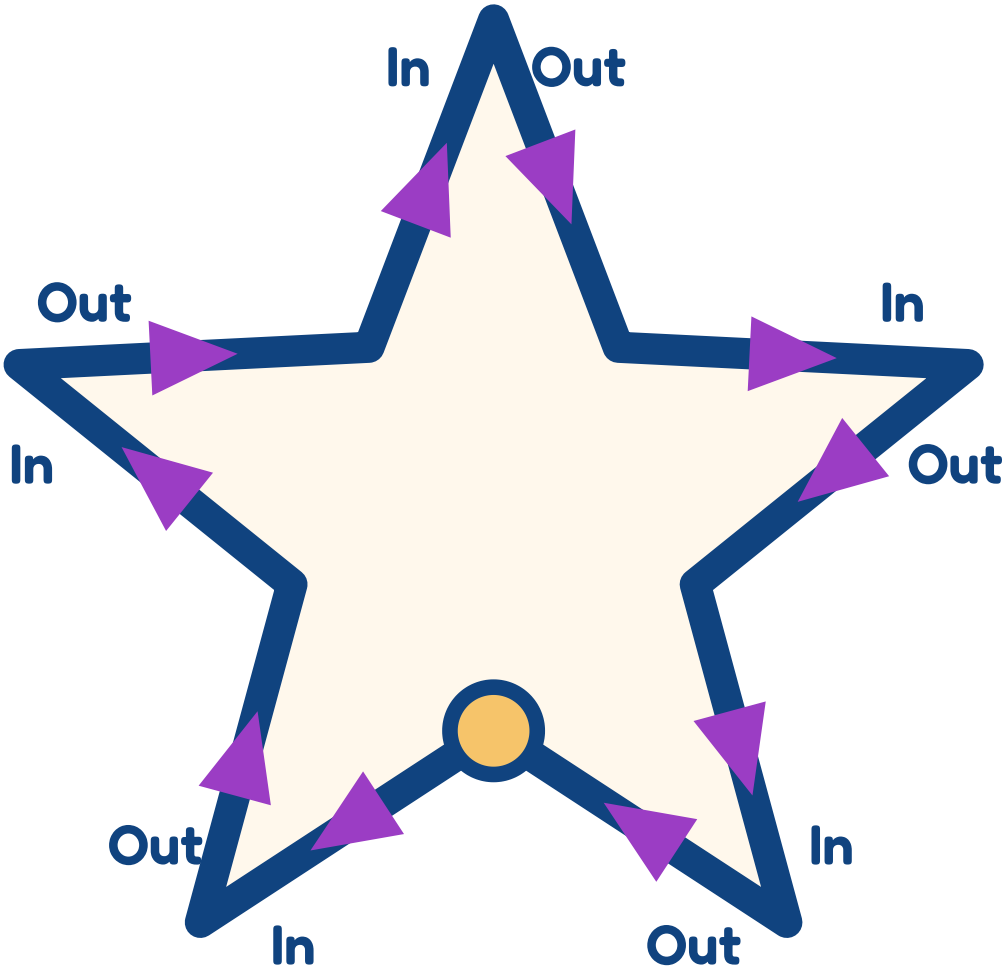
Star breathing. Trace up and down the points!



How to use it: Start at the gold dot. Trace up to the first point as you breathe in, and down the other side as you breathe out. Keep going around all five points.

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How is Wobblin feeling? How are YOU feeling? Tick one.



Happy ☐



Muddled ☐



Worried ☐



Calm ☐



Sleepy ☐

I feel _____ **because** _____

A shape that could help me: _____

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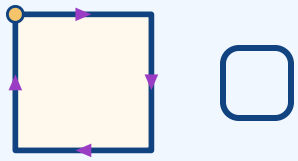
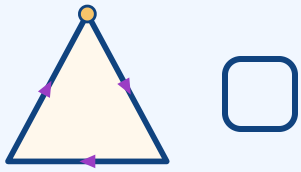
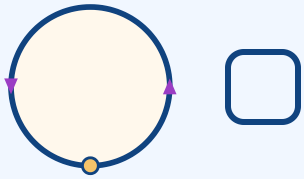
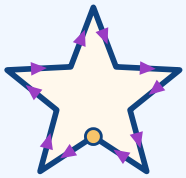
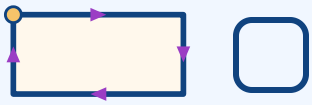
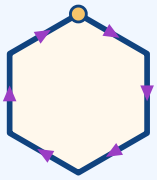
Make your own calm plan with me!

When I feel _____, I can trace my calm shape and breathe slowly.

Tick the shapes that help you:

Other things that help me: _____

A grown-up I can tell: _____

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