

May Creative Curriculum

Ms. Tammy and Ms. Becky



The children have learned many breathing techniques to help calm their body. We have sent a flower and a pin wheel taped together home with your child. This is so you and your child can practice breathing techniques and calming their body when they become upset, angry, and overly excited. We have also attached a picture of a child demonstrating so you can practice with them. Please fill out the form bellow and tell us how your child did during this activity.

Child's name: _____

Can your child show you how to breath when they need to calm down? _____

Can they tell you when they need to breathe and why? _____

Was the pin wheel and flower effective in helping your child become calm? _____

Time spent on project: 15 minutes _____ 30 minutes _____ 45 minutes _____ 1hr _____

Name of adult who helped _____

Adult signature _____ Date _____

Staff verification _____ Date verified _____