

Learning how to take a deep breath can be a key mental health strategy to support emotional wellbeing for children and caregivers too. Give it a try!

How CALi Uses the Square Breathing Calm Strip

Start here and trace the square with your finger while you breathe in slowly, counting 1-2-3

Keep breathing out, counting 1-2-3



Hold your breath, counting 1-2-3

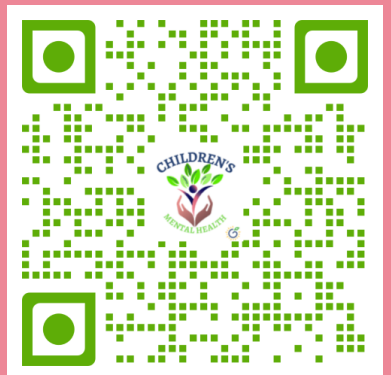
Breathe out slowly, counting 1-2-3

Repeat this process 4 or more times to help slow breathing and calm yourself when you are feeling overwhelmed, sad, anxious or upset.

**Children's
Mental
Health
Matters**



Scan here to watch a video of CALi using square breathing!



Find this document in English and Spanish, along with other resources, by scanning the QR code



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START



Other Resources to Support Children's Mental Health



Georgia's SEEDS for Success Helpline

connects early childhood education professionals and families to resources to help them better understand the social, emotional, and behavioral needs of children and reduce challenging behaviors and incidents that lead to suspension and expulsion.

LEARN ABOUT SOCIAL-EMOTIONAL DEVELOPMENT

Find milestones checklists that help with understanding early development, give tips for supporting that development, and find resources to support families.

DEVELOPMENTAL MILESTONES



<https://development.dec.al.ga.gov/#/>



Findhelpga.org

FIND HELP IN YOUR COMMUNITY

Whether it's financial assistance, food pantries, medical care, child care, job training, and other free or reduced-cost services specific to your area, essential resources can be found here.