

Crafts

Fire Breathing Dragon

You will need:

- A paper or styrofoam cup
- Streamers
- Scissors
- Googly eyes (adhesive ones will work best)
- Markers
- Tape
- Optional: Pipe cleaners

To make:

- Cut out the bottom of the cup
- Color and decorate the outside of the cup to look like a dragon using the googly eyes, pipe cleaners and markers
- Cut streamers to make 6-10, 1-foot long sections
- Tape each section of streamer to the inside (bottom end) of the cup

To use:

- Take a big inhale (count to 3) through your nose and exhale through the (bottom end of the cup) 'dragon' to make it "breathe fire".
- This is a fun tool to help you practice how to breathe deeply in stressful situations
- Reminder: one BIG breath is a very easy tool to help you relax & recenter

