WELLY BOOT WOODS • FREE CALM DOWN CORNER POSTER & GUIDE

Ruby Robin's 4-2-4 Wildflower & Dandelion Breath

When a toddler or preschooler is in the middle of a big feeling, saying 'calm down' or 'take a deep breath' rarely works because it is too abstract. Ruby Robin's visual nature breath gives children aged 2–6 a concrete physical action they can copy alongside you.

3 Simple Steps to Reset a Racing Heart (4-2-4 Rhythm)

Step 1 — SMELL THE WILDFLOWER (Inhale for 4 seconds):
Hold up one finger like a sweet woodland daisy. Breathe in slowly and quietly through your nose for 1... 2... 3... 4.

Step 2 — HOLD THAT WARM SUNSHINE (Pause for 2 seconds):
Keep that cosy breath tucked safely inside your chest for 1... 2.

Step 3 — BLOW THE DANDELION SEEDS (Exhale for 4 seconds):
Purse your lips and blow a long, gentle stream of air for 1... 2... 3... 4 to send the fluffy dandelion seeds floating across the woods!

3 Golden Rules for Parents & EYFS Practitioners

- **Practise During 'Green Zone' Calm Times First:** Play the Wildflower & Dandelion game at bedtime or circle time when your child is happy, so their brain already knows the pattern when frustration hits.
- **Co-Regulate Without Demanding:** Sit low on the floor beside your child and start doing the breath yourself—mirror neurons will naturally invite them to join you by your second or third breath.
- **Pair With 'Mistakes Are Just Practice':** Once their shoulders drop, use Ruby Robin's growth-mindset phrase from *Percy's Patience*: *'Every failed first try teaches us how to build stronger next time.'*

Interactive Audio Breathing Tool & Companion Picture Book:
Try our interactive on-screen breathing timer and read ***Percy's Patience (A Welly Boot Wood Story)*** — the story of Percy the Pine Marten learning patience, frustration tolerance, and step-by-step resilience.
- **Guide & Printable Hub:** wellybootwoods.co.uk/resources/breathing-exercises-for-toddlers-printable.html
- **Order Percy's Patience on Amazon UK (£9.99):** amazon.co.uk/dp/B0HFM5XWY1

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