

# SOMATIC HALLOWEEN WORKBOOK

*By Vital Breathwork LLC*



**BEST FOR AGES 2-6**

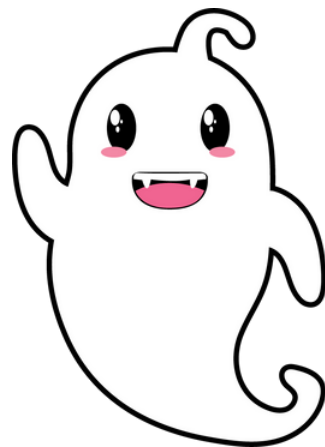


# SPOOKY SOUNDS

Chanting/humming sounds helps children to generate feel-good hormones and endorphins to release tension, reduce stress, balance emotions, and support healthy self-regulating. Incorporate these spooky sounds into imaginary halloween play for a ghoulish good time.



—————  
.....**AHHHHH**.....  
—————



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.....**OOOOH**.....  
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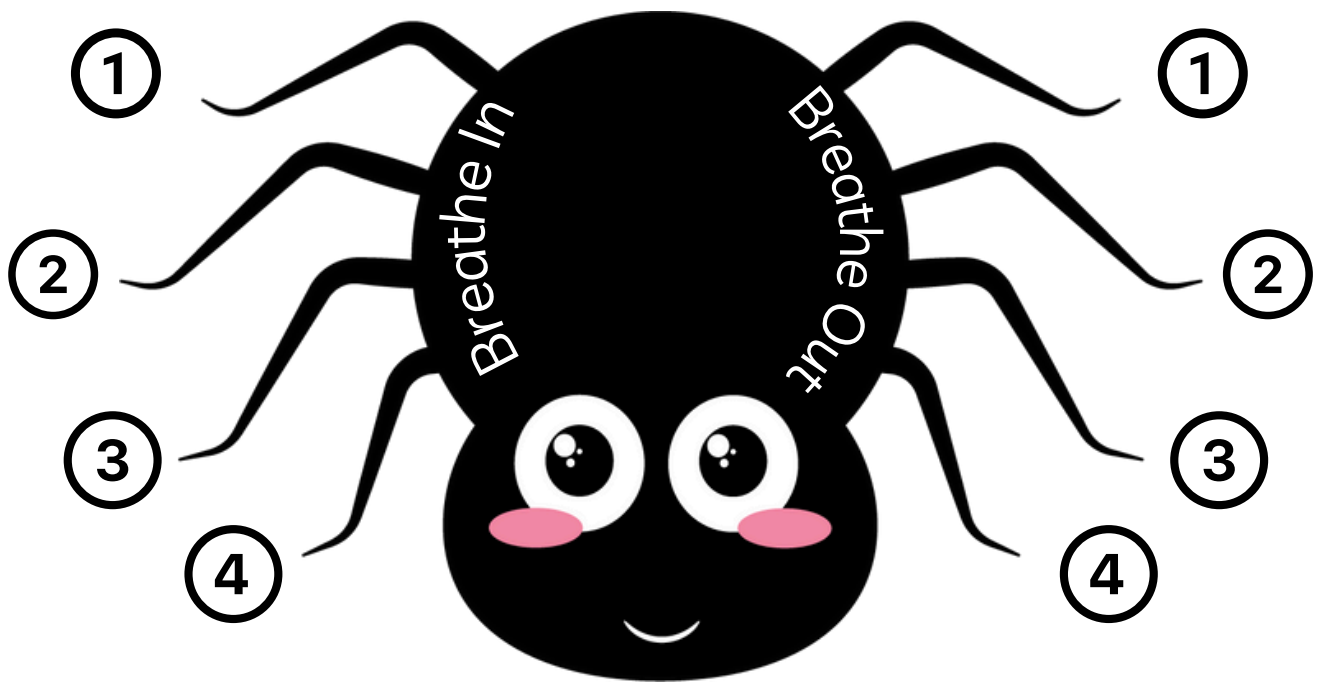
—————  
.....**MMMMH**.....  
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This mimics the  
sacred sound of AUM

# BOO-TIFUL BREATHWORK

Breathwork helps children to identify and balance emotions, self-soothe, and enhance learning. Try these playful exercises to teach children an important life skill.



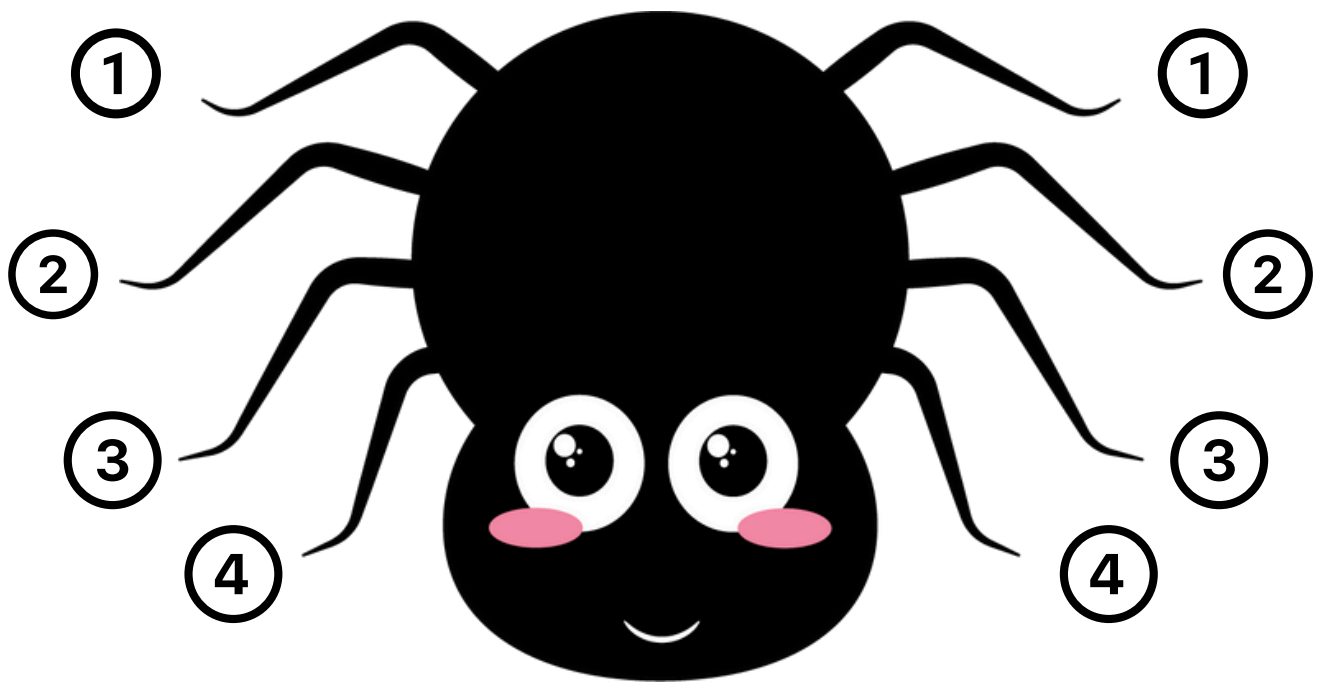
### **Imaginary play:**

Count the legs of the spider as you inhale and exhale for a breath count of 4:4.

This breathing technique helps to balance the heart rate, balance emotions, and enhance mindfulness.

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## Activity Play:

Cut a circle out of a piece of cardboard, then punch 8 holes around its sides. Next, connect 8 zip-ties to punched holes and trim to desired length. Add a smiley face :) Finally, have children blow spider across the floor with a straw!

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**Activity Play:** Grab a toilet paper square or cut a small square out of a napkin, paper towel, or tissue. Drape the square over two fingers and draw on eyes. Then drape the square over the straw. Take a big breath through your nose and gently blow the square off the straw. Watch your ghosts fly!

**\*\*This breathing technique helps to promote relaxation, relieve stress, and support rest.\*\***

# BOO-TIFUL BREATHWORK

Breathwork helps children to identify and balance emotions, self-soothe, and enhance learning. Try these playful exercises to teach children an important life skill.



**Imaginary Play:** Use hands as spoons to scoop your witches brew. Next, take a quick sniff to test if its ready. Then, cool off the hot brew with a long breath out. Breath count is 2:4 or 4:8.

\*\*This breathing technique helps to promote relaxation, relieve stress, and support sleep.\*\*

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## **Activity Play:**

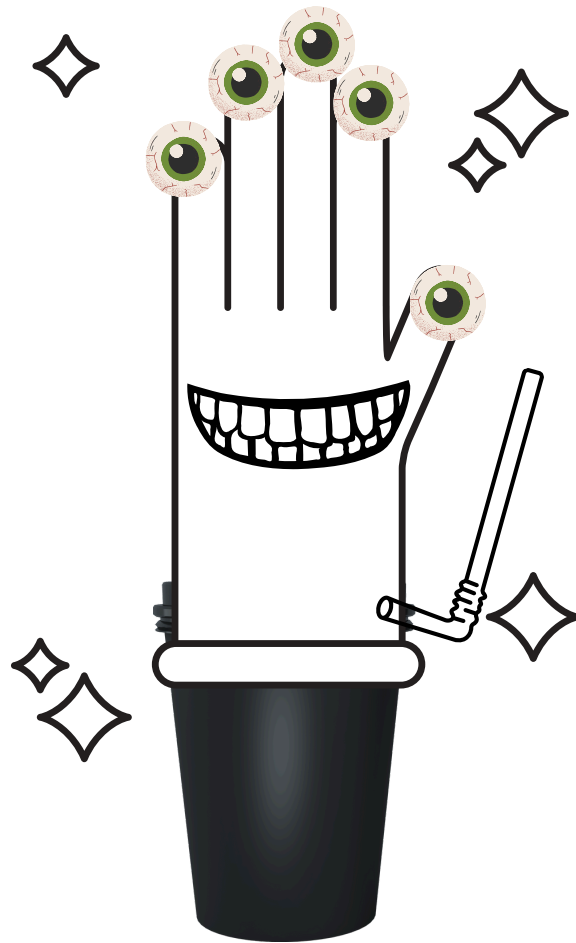
Pour non-toxic soap and water into a bowl, or use milk.  
Either works well!

(use green food coloring and black plastic bowls for extra fun!)  
Then, have children blow bubbles into bowl with a straw.

**\*\*This breathing technique helps to promote relaxation,  
relieve stress, and support sleep.\*\***

# BOO-TIFUL BREATHWORK

Breathwork helps children to identify and balance emotions, self-soothe, and enhance learning. Try these playful exercises to teach children an important life skill.



## Activity Play:

Make your own pop-up monster using a cup, glove, rubber band, straw, and stickers! Decorate your glove with monster eyes stickers. Next, secure the glove over the top of the cup with a rubber band. Next, puncture a hole in the cup to insert the straw. Finally, blow into the cup to make your DIY monster pop up as a spooky surprise!

**\*\*This breathing technique helps to strengthen diaphragm and lung capacity while promoting relaxation and relieving stress\*\***



# GHOULISH GROOVES

Somatic exercise helps children to develop the mind body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Have children get on their hands and knees and pretend to be black cats. Look around the room. Oh no, you just saw something spooky! Arch your back like this kitty cat and let out a hiss.

\*\* This helps children to relieve muscular tension and stress.\*\*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Have children lay on their bellies on the floor. Uh-oh, the witches let their snakes loose! Slither around the floor like a hissing snake so the witches can scoop them up and add them to their witches brew.

**\*\* This helps children to release pent up energy \*\***

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind body connection, relieve tension and stress, and self- soothe. Let your little monsters express themselves with these playful practices.



Look! There's a full moon! Have the children transform into werewolves by stretching their neck, tilting their head up, and giving a great big howl at the moon.

\*\* This helps children to encourage expression, relieve tension, and elevate emotions\*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Frankenstein escaped from the lab! Have children make baritone monster sounds as they stalk across the room slowly with their arms extended.

\*\* This helps children to relieve stress,  
balance emotions and self-soothe\*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



All the bats are out of the cave! Have children make a hissing sound with their mouths while they flap their arms up and down like bat wings.

\*\* This helps children to relieve stress  
and release pent up energy \*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind-body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Help the witches find their frogs for their witches brew!  
Have children get down on the floor on all fours, then  
jump and croak around the room like frogs.

\*\* This helps children to release pent up energy \*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind-body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Welcome to the pumpkin patch! Have children squat down and squeeze themselves into a compact ball. Then, call out different emotions for the jack-o-lanterns to light up!

\*\* This helps children to balance emotions, relieve tension, and reduce stress \*\*

# GHOULISH GROOVES

Somatic exercise helps children to develop the mind-body connection, relieve tension and stress, and self-soothe. Let your little monsters express themselves with these playful practices.



Shake your bones with the skeleton shimmy! Have children shake, bounce, and dance to their favorite halloween music.

\*\* This helps children to relieve tension,  
reduce stress, and elevate emotions \*\*





# SPOOKY MEDITATION



This meditation is designed to engage their imagination while promoting relaxation around spooky imagery.



## Introduction:

Alright, friends! Let's take a little journey together in our imaginations. Find a comfy spot to sit or lie down. Close your eyes softly and take a deep breath in... and let it out. Great job! Now, let's go on an adventure."

## The Journey:

Imagine it's a bright, sunny Halloween day. You are in a magical pumpkin patch filled with the biggest, roundest pumpkins you've ever seen! Some are bright orange, while others are sparkling with gold and glitter.

As you walk through the patch, feel the soft, cool grass beneath your feet. Look up at the blue sky, where fluffy white clouds float by like friendly ghosts. Can you hear the gentle rustle of leaves? Maybe you even hear a little giggle from a nearby pumpkin!

Now, let's pick a special pumpkin. Picture your favorite one. Is it big, small, or maybe even a funny shape? Imagine giving it a gentle hug, and as you do, it starts to glow with a warm, friendly light. This pumpkin is magical!

Take a moment to sit by your pumpkin. Feel the warmth of its light all around you. It makes you feel happy and safe. What colors do you see in the light? Maybe there's a hint of orange, purple, or even sparkly silver!

Now, imagine some friendly Halloween creatures joining you—like happy bats flying in circles above your head, and playful little ghosts dancing around your pumpkin. They're here to celebrate with you!

As you sit with your magical pumpkin and your new friends, take a deep breath in... and let it out. Feel all the joy and happiness filling your heart.

## Conclusion:

When you're ready, slowly wiggle your fingers and toes. Take another deep breath in... and out. Now, when you open your eyes, you can bring all that magic and happiness back with you. Ready? Open your eyes and smile!

# MONSTER MOODS

Look at the picture below. Ask children to create a story about the monster picture they see. This helps children to identify emotions and develop empathy.



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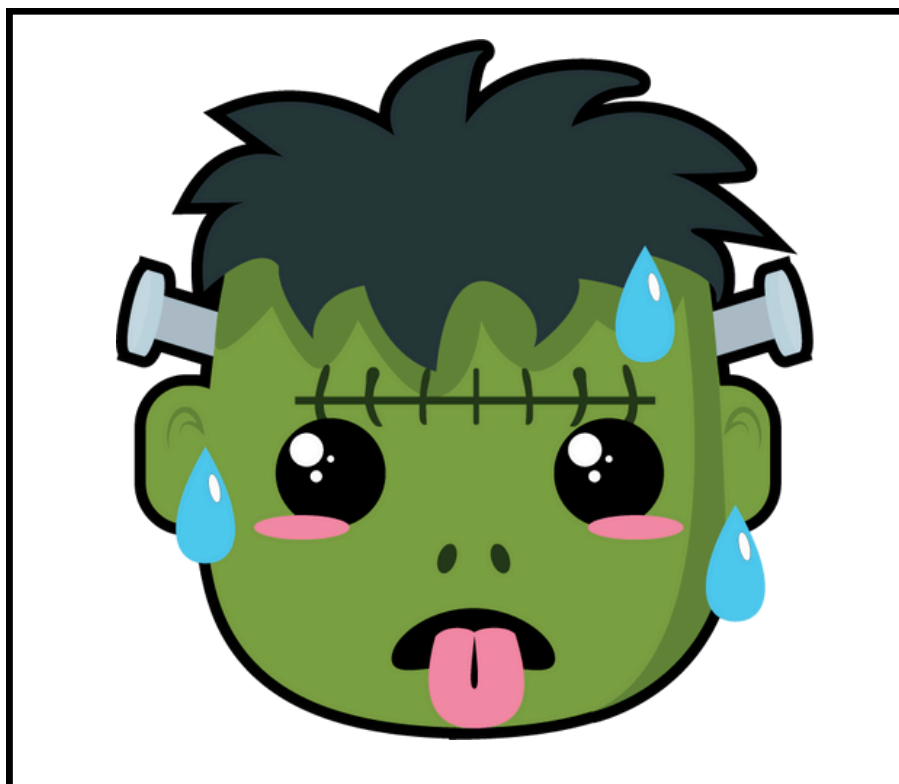
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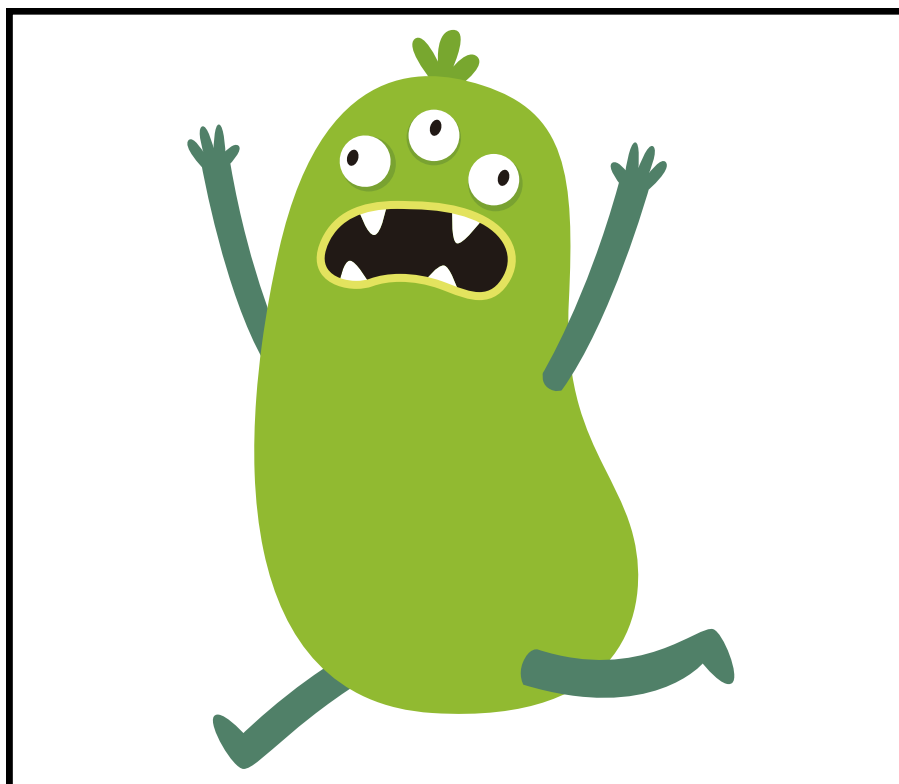
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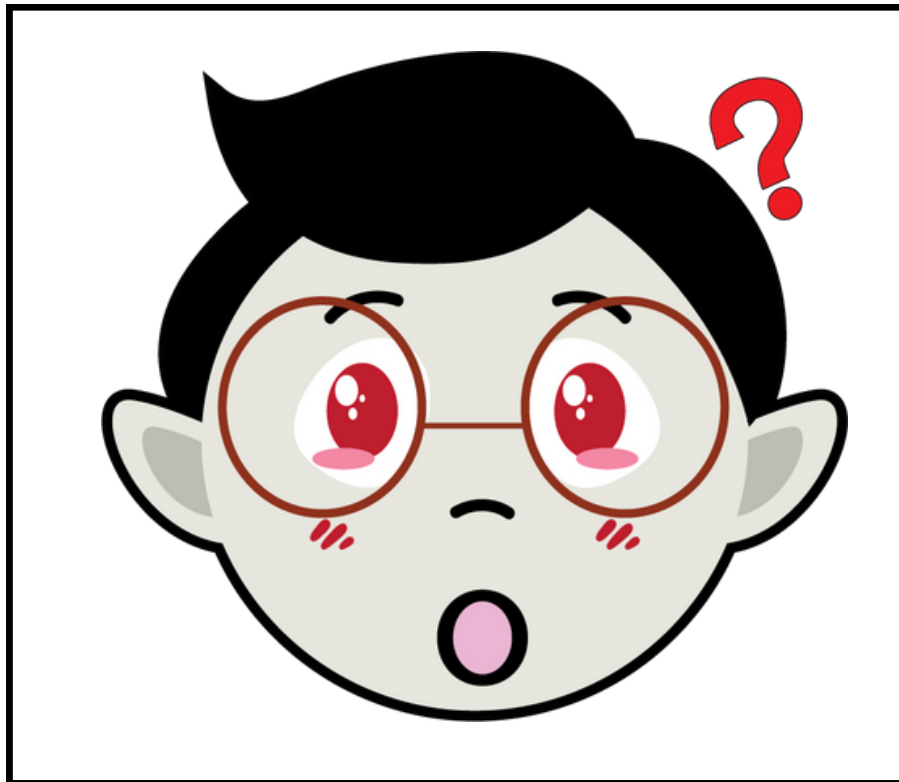
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