

Breathing Beads - Crafts



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WHAT MAKES IT MEANINGFUL

Sometimes we feel worried, upset, or overwhelmed. That's okay — it happens to everyone. This activity helps you make a simple tool (called “breathing beads”) that you can use to calm your body and mind. When we use the beads while breathing slowly, it sends a message to our brain: “I am safe. I can slow down. I can feel better.” You can use breathing beads anytime you need a break, feel anxious, or want to relax.

TIME

20 - 30 minutes

MATERIALS

- 1 pipe cleaner (the soft, bendy craft sticks)
OR a piece of yarn or string
- 5 to 10 large beads
(They can be plastic, wood, foam, or anything easy to hold and slide)



Breathing Beads

- Optional: calming essential oils (like lavender)
- Optional: soft background music to help relax while you work

INSTRUCTIONS

Part 1: Making the Breathing Beads

1. Pick your beads
 - Choose 5 to 10 beads that you like.
 - You can pick calming colours (like blue or green), favourite colours, or mix them up.
2. Thread the beads onto the pipe cleaner or string
 - One by one, slide each bead onto the pipe cleaner.
 - Leave some space between each bead so they can move a little.
3. Bend the ends
 - If you're using a pipe cleaner, fold the ends over a little so the beads don't fall off.
 - If you're using string, you can tie a knot at both ends.
4. (Optional) Shape it into a circle or bracelet
 - You can twist the ends of the pipe cleaner together to make a loop.
 - If using string, tie it in a loop to wear on your wrist or hang on a bag.

Part 2: Using the Breathing Beads to Calm Down

Now that you've made your breathing beads, here's how to use them:

Breathing Beads

1. Hold the beads in one hand

Sit in a comfortable spot. Hold your beads gently.

2. Start with the first bead

- Slowly slide the first bead with your fingers.
- As you do that, take a slow breath in through your nose. Then breathe out slowly through your mouth. Move to the next bead
- Slide it between your fingers
- Breathe in slowly...
- Breathe out slowly...

3. Keep going

- Repeat this for each bead — slowly and gently.
- You can close your eyes if that helps you relax.

4. Finish the row

- When you've moved through all the beads, notice how you feel.
- Are you a little more calm or quiet inside? That's the goal.

When to Use Your Breathing Beads:

- When you're feeling worried, angry, or sad
- If you're having a hard time focusing
- When you need a break or quiet time
- Before bed or after a busy day
- Anytime you want to feel calmer

Breathing Beads

SUPPORTS NEEDED

Support may be needed depending on the individual's needs.

Example Photos:



There should be space for you to move the beads, one by one, across the thread.

