

# Christian Breath Prayer Cards for Kids: Gentle Scripture Prompts

Five pages: cover, caregiver safety card, and three sheets of ordinary-face Scripture prayer cards.

INSIDE THIS PDF

- Cover and ordinary-breath use
- Caregiver safety and non-breath alternatives
- Cards 1-3
- Cards 4-6
- Cards 7-9

HOW TO USE

Adult-led · Ages approximately 4–12 · Participation is optional

LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

STOP ANY TIME

You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

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Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

# Nine short Scripture prayers you can say at an ordinary pace

## ADULT PREVIEW

Adult preview: offer each card once at an ordinary pace while breathing stays normal and comfortable. Stop for discomfort, choose the non-breath route, or pass.

## STOP

You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

## ADAPT

You can listen while I read, draw, move, keep your eyes open, use AAC, breathe normally, or pass.

## ESCALATE

Contact a pediatrician, school counselor, qualified child mental-health professional, or pastor with safeguarding training when distress persists or affects daily life. Use local emergency services for immediate danger or serious breathing trouble; in the United States, call or text 988 for a mental-health crisis.

## DO NOT

Do not hold, count, deepen, speed, or correct a child's breath.

## SOURCE LEDGER

### 1 · World English Bible

Reference-first Scripture wording and public-domain rights. · Checked 2026-08-03

<https://ebible.org/web/>

### 2 · National Institute of Mental Health

Professional support when distress persists or affects daily life. · Checked 2026-08-03

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>

### 3 · Children's Hospital of Philadelphia

Child-focused slow breathing, voluntary stopping, and dizziness or nausea boundaries. ·

Checked 2026-08-03

<https://www.chop.edu/health-resources/tools-help-stress-breathwork>

### 4 · UNICEF safeguarding policy

Adult-led safeguarding and referral boundaries. · Checked 2026-08-03

<https://www.unicef.org/documents/safeguarding-policy>

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01/09

Trust in fear **God is with us**

REFERENCE Psalm 56:3

**SAY** God, be with us / Help us ask for help**CONTEXT** When fear comes, the psalmist turns toward trust in God without denying danger or practical help.**CHOOSE** Say it, listen, or pass. No counting or breath-holding.**ADAPT** If a child may be unsafe, make a safety plan with a trusted adult.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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02/09

Attend to God **Be still and notice**

REFERENCE Psalm 46:10

**SAY** You are God / We are listening**CONTEXT** The psalm invites recognition of God; its stillness language is not a command to freeze or suppress a need.**CHOOSE** Say it, listen, or pass. No counting or breath-holding.**ADAPT** Offer movement, a picture, or eyes-open attention instead of silence.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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03/09

Welcome and rest **Come, Jesus**

REFERENCE Matthew 11:28-30

**SAY** Jesus, meet us here / Give rest for this moment**CONTEXT** Jesus welcomes the weary; rest is a compassionate invitation, not a promise of sleep or a changed feeling.**CHOOSE** Say it, listen, or pass. No counting or breath-holding.**ADAPT** A child may rest a hand on the table, listen, move, or take a water break.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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ADULT PREVIEW

NOT A CARD

**ADULT PREVIEW** Adult preview: offer each card once at an ordinary pace while breathing stays normal and comfortable. Stop for discomfort, choose the non-breath route, or pass.**NEVER** Do not hold, count, deepen, speed, or correct a child's breath.**STOP** You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

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04/09

Ask and thank **Bring the request**

REFERENCE Philippians 4:6-7

SAY God, hear our prayer / We bring thanks and needs

CONTEXT The passage joins requests with thanksgiving and points to God's peace, not to an instant feeling.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT Pair prayer with listening and care, not a promise that worry will leave.

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LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

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05/09

God's presence **You are near**

REFERENCE Psalm 139:7-10

SAY God, you know us / Stay near as we take a wise step

CONTEXT The poem describes God's presence everywhere; it does not invite an adult to inspect a child's private thoughts.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT Do not ask for a private story. Trace a path, point to near, or pass.

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LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

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06/09

Wisdom and guidance **Teach your way**

REFERENCE Psalm 25:4-5; James 1:5

SAY Show us a wise path / Help us ask a trusted guide

CONTEXT These passages ask God to teach and lead while adults still use sound judgment and safeguarding policy.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT Guide never means obey every adult. Offer two picture paths or a pass.

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LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

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ADULT PREVIEW

NOT A CARD

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07/09

Daily provision 

## Give what we need today

REFERENCE Matthew 6:11

SAY Give us what we need today /  
Help us share what we have

CONTEXT The Lord's Prayer asks for daily provision; it is not a promise that every want will be supplied.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT If food, housing, or care is missing, contact practical support.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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08/09

Mercy and boundaries 

## Forgive and repair

REFERENCE Matthew 6:12; Ephesians 4:32

SAY Receive our sorry words /  
Teach us safe repair

CONTEXT Christian forgiveness includes mercy and kindness; it never requires unsafe contact.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT Never pressure a child to forgive an abuser or reconcile before safety.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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09/09

Community care 

## Care for a neighbor

REFERENCE Galatians 6:2

SAY Hold our neighbors / Show one safe way to care

CONTEXT Bearing one another's burdens is a community practice; a child is never made responsible for a crisis.

CHOOSE Say it, listen, or pass. No counting or breath-holding.

ADAPT Adults choose supervised action, never a secret responsibility.

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LISTEN · DRAW · MOVE · SPEAK ·  
AAC · PASS

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