

The Brave Breath Prayer Guide

Helping kids move from fear → faith.

For children with big feelings
and overwhelming thoughts.

By Cory Toscano.

When your child says...

“My brain won’t stop.”

“I feel scared.”

“I don’t like this feeling.”

They’re not being difficult—
they’re overwhelmed.

Try this simple “Brave Breath.”

Place your hand on your heart.

Slow your breathing.

We’re going to calm the body first,
so the mind can follow.

The Brave Breath

Breathe in:

“God is with me...”

Breathe out:

“I am brave.”

Repeat slowly three times.

A Simple Reminder

You don't need perfect words.

You just need a simple moment.

God is already near,
even in the storm.

