

I Am Breath

Flowing with Life



By Douglas Macauley

Illustrated by Ariane Elsammak

About the Book

Expanding on *I Am a Feeling Body: Body Awareness and Mindfulness for Children* and building on breathing as the third essential tenet for flowing with life, *I Am Breath* is an empowering story about a boy and his two loving cats who explore the breath within themselves. They grow curious and conscious of their breathing, discovering that breath is a gentle yet powerful tool for living fully; finding peace; and aligning mind, body, and heart. As they deepen their awareness, their lives feel lighter and freer, with less tension and greater clarity. They learn to stay present and grounded—even when facing fear or discomfort.

For my dear children,
Mark and Madelyn:



Unconditional love and family are the
keystones that hold us all together. I am
deeply grateful for having you in my life.

And in memory of and with deep gratitude for
my sweet and loving cats, Licorice and Taffi,
who always embodied unconditional love.



Note to Parents

Conscious breathing is the third of four core tenets in this series, teaching children how to release tension; calm the mind and body; and live with presence, harmony, and inner strength. As described in my first book, *I Am a Feeling Body: Body Awareness and Mindfulness for Children*, these tenets—grounding, centering, breathing, and feeling—build awareness of and connection with the body.

I Am Grounded: A Path to Stability and Feeling Safe explores grounding as the foundation for helping the body feel secure and connected, strengthening the mind–body connection. *I Am Centered: Finding Your Point of Presence* expands this awareness by guiding children to access inner stillness, helping them navigate life with ease and grace.

This book, *I Am Breath: Flowing with Life*, introduces conscious breathing as a practical and powerful tool for staying relaxed, present, and clear. When children connect with their breath, they anchor mind and body, creating stability and calm in the nervous system. Conscious breathing also activates the parasympathetic

nervous system—the “rest and digest” mode—releases physical tension, improves oxygen flow, regulates stress hormones, and clears emotional residue stored in the body.

As children develop bodily awareness, they begin to experience a sense of flow, relaxing into clarity and trusting their body's natural intelligence. Grounding, centering, and breathing together form a strong foundation for health and well-being. Life may still present challenges, but with practice, children can return to their calm, grounded state more easily. Setting the intention and remembering the feeling of grounding strengthen this ability, especially with regular practice—even as little as ten minutes a day.

Although this book is written for children, its teachings are valuable for any age. When the poems are absorbed both cognitively and somatically, their benefits multiply. The illustrations serve as somatic bookmarks to help children return to a centered, grounded state.

When guiding your children through the exercises, allow them to explore and have fun. There is no right or wrong way to do this—children will find their way through their bodies, creating personal experiences and discoveries. By trusting and allowing the process, you'll witness amazing growth and awareness.

