



*Attachment and Trauma Treatment
Centre for Healing (ATTCH)
Healing life's hurts through awareness,
compassion, & self-care*

Breath Ball

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Supplies: Light weight ball, desk, and two chairs.

Activity: With a caregiver and client, have each participant sit across from each other at a desk. Have one person take a deep breath in, exhaling out blowing the ball to the person across from them. Have the participants blow the ball back and forth to each other, engaging eye contact if participants feel comfortable doing so.

Body Awareness: After the completion of each selected therapeutic activity, bring the clients attention to how their body feels. Ask them to notice where in their body they feel this.

Purpose: The purpose of these therapeutic activities is to build connection, and attunement between a caregiver and the client. When attunement is achieved within a relationship, it creates a better overall interaction, and overall relationship. In addition, incorporating senses will assist with participants becoming grounded through the therapeutic activity.



Quality trauma and attachment assessment, treatment, & evidence-based training

Email: reception@attch.org

Website: www.attch.org

Phone: (905) 684-9333

95 Niagara Street, St. Catharines ON L2R 4L3