

# BREATHING

In mindful breathing children are encouraged to pay attention to their breathing in a purposeful and conscious way. It is a technique that can help calm, relax and deal with complex emotions.

Conscious breathing involves directing attention to the breath, observing it without judgement. Children are taught to breathe in and out deeply, paying attention to the movement of air in and out of their bodies.

This practice can be taught in a playful and fun way to children, using games, stories or exercises that encourage deep breathing.



## Relax

By focusing on the breath there is a decrease in the activity of the sympathetic nervous system, responsible for the stress response, activating the parasympathetic nervous system, responsible for the relaxation response.



## Self care

By teaching children to practice mindful breathing, they learn a valuable self-care tool that can be used in times of stress, before challenging activities or simply as a daily habit to cultivate inner calm and well-being.



## Focus

By directing attention to the breath, children learn to control the dispersion of the mind and cultivate greater full attention to the present moment.



## Body Awareness

Conscious breathing helps children develop a greater awareness of their body and internal sensations. They learn to notice how their breathing affects their physical and emotional state, and this can contribute to a greater connection and understanding of themselves.



## Emotional self-regulation

By practising deep breathing children learn to pause and observe their emotions, allowing them to respond in a more balanced and conscious way instead of reacting impulsively.





# Breathe



Project T-WELL-S:

"Tools for well-being at school for children, teachers, and families"

Project No 2022-2-BG01-KA210-SCH-000095914



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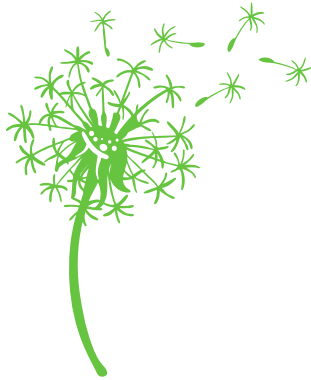


## Smell the flower

We breathe in and smell through the same organ, our nose, but we can also breathe in and smell the taste, through our mouth.

Today we are going to breathe in and smell a flower and when we breathe out we are going to imagine that we are blowing out a dandelion.

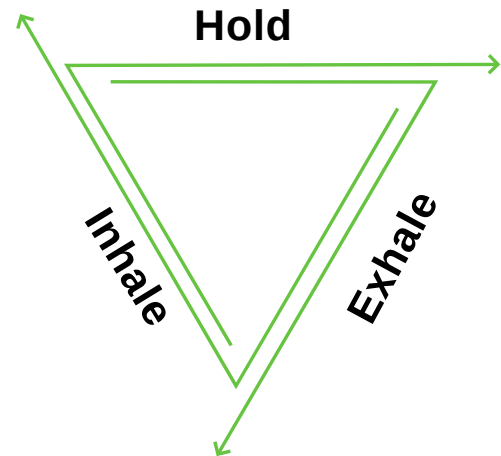
Inhale, smell the flower. Exhale, blow out the dandelion.



## Triangle breathing

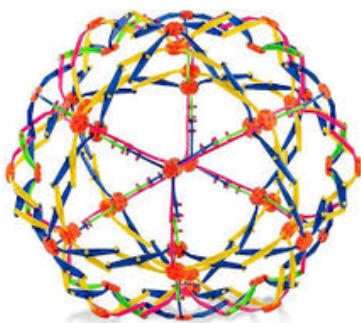
Our breathing has its own rhythm, but today we are all going to breathe with the same rhythm. You are going to follow my directions. Breathe in as I count to three, keep the air in your lungs as I count to three, let the air out as I count to three.

Let's repeat!



## Hoberman Sphere

Today we are going to look at how our lungs look when we breathe in. Our lungs are like this ball (Hoberman ball), when we inhale our lungs increase in size, they stretch to receive all the air we need, when we exhale they shrink so that the air can get out. Now try stretching and shrinking the ball to the rhythm of your ball!



## Back-to-back

When we feel intense emotions, breathing can help calm the emotion. And if we can count on a friend the calamus comes more quickly.

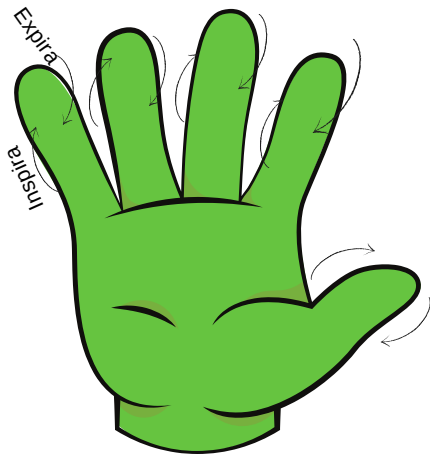
Today we are going to breathe together. Two by two, sitting on the floor with your backs together, breathe in and out slowly and try to keep up with your friend!





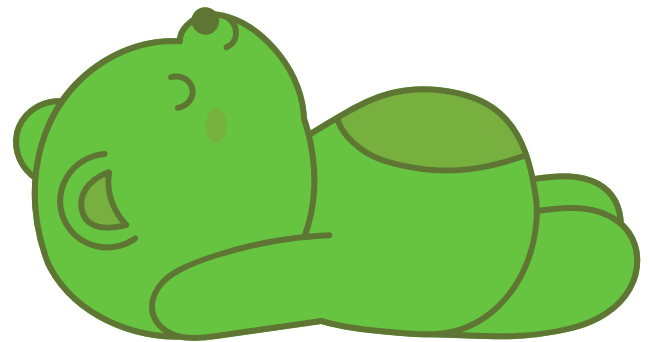
## 5 fingers breathing

Place one hand open in front of you, with the palm facing you. While breathing calmly, use the index finger of your other hand to move from your wrist to the tip of the thumb of your other hand, trying to feel at every moment the finger which is sliding down and the sensations it may bring. Each time you go up a finger inhale, on the way down exhale.



## Abdominal breathing

Lying on his tummy with his arms alongside his body, place a small object (for example, a rubber duck) on his tummy and you will help him navigate. You have to breathe calmly so that he can handle the waves! Inhale, your tummy grows, exhale, your tummy shrinks.



## Rain

Sometimes we have clouds laden with thoughts in our head. Our clouds have started to let the rain fall! Sit down with your legs extended. Inhale and raise your arms. Exhale making the sound "Shhhheeee", your fingertips are the rain falling and wetting your whole body, from your head to the tips of your feet!



## Alternate breathing

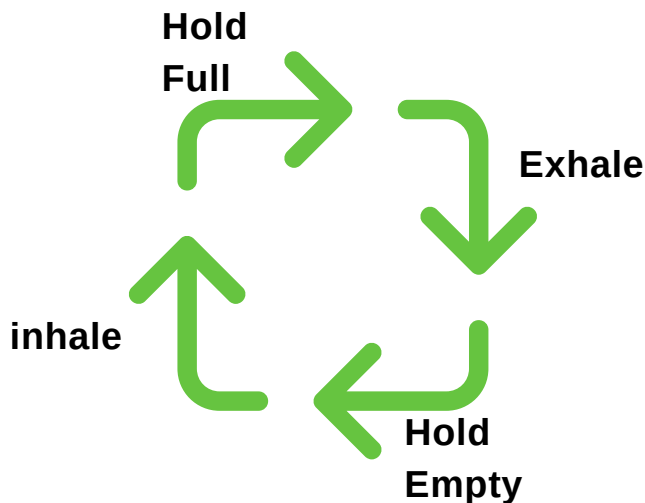
Cover one nostril and inhale, let the air in and go to your lungs. Change nostrils, exhale, let all the air out and inhale again, fill your lungs with air. We change nostrils when our lungs are full!





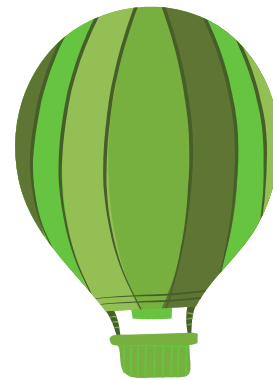
## Square breathing

Our breathing has its own rhythm, but today we are all going to breathe with the same rhythm. You are going to follow the directions. Breathe in as I count to four, get air in your lungs as I count to four, throw air out as I count to four, and get empty lungs as I count to four. Let's do it again!



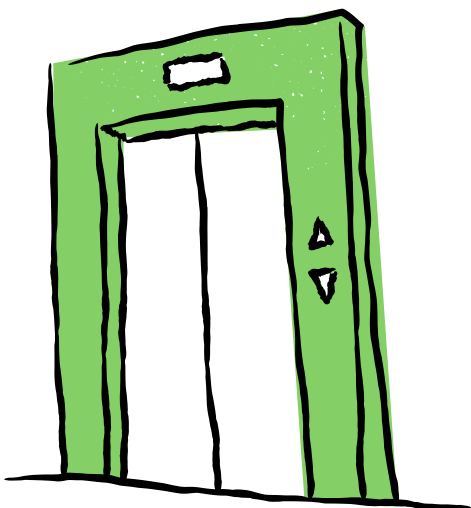
## Up, up balloon

You're in the desert and you want to get out. To do this, you are going to inflate a balloon, which will help you fly to other landscapes. Imagine that you are inflating a balloon. Breathe in. Now breathe out and the balloon grows. Breathe in. Breathe out and the balloon grows some more. Keep inflating the balloon until it gets big and you can fly!



## Light lift

Today you are going to take the sunlight and transport it into your body. When you breathe in the sunlight enters a lift and goes down with the air to your belly. When you breathe out, it goes up from your belly to your nose! Let's try it a few times!



## Balloon

Place your hands on your stomach and close your eyes. Imagine there is a balloon inside your belly. Breathe in, try to fill up the balloon as much as you can. Breathe out and try to deflate the balloon completely. Try to make sure that you are breathing into your belly and not just your chest.

