

TOP 5 BREATHING ACTIVITIES

@DALESIDEBOTTOM

FLOWER POWER

Tell the students to imagine that they are smelling a beautiful flower. Students breathe in through their nose and out their mouth, releasing any tension. Ask them to imagine stopping and smelling the roses, daffodils, daisies or any other flower they like. This is a simple way to connect the students to their breathing and how it helps them to feel.



BreakAppz

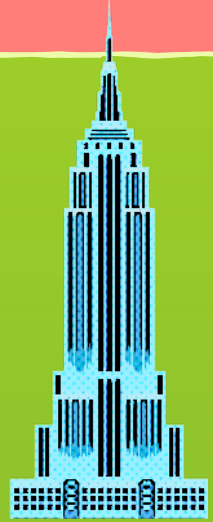


BIG BEAR

Students inhale through their nose, pause, exhale out their nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2, breathe out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times. This will help ground and settle kids. Imagine a bear hibernating, with long controlled breaths.

TALL BUILDING

Tell the students that their breath is an elevator taking a ride through their body, like a tall building. Students breathe in through their nose and start the elevator ride to the top floor. Breathe out and feel your breath go all the way to the basement, down to your toes. Breathe in and take your elevator breath up to your belly. Hold it. Now, breathe out all your air. This time, breathe in and take your elevator breath up to your chest. Hold it. Now breathe out all your air. Now breathe in and take your elevator breath up to the top floor, up through your throat and into your face and forehead. Feel your head fill with breath. Hold it. Now breathe out and feel your elevator breath take all your troubles and worries down through your chest, your belly, your legs, and out through the elevator doors in your feet. Repeat this for best results.



humming

Get students to start with deep breaths in through their nose. As they exhale, encourage them to make a humming or buzzing sound. A deeper breath allows the students to hum for a longer period of time. Challenge the students to see how long they can hum to encourage deeper breaths.

ROCKET TAKEOFF

Get the students to start by crouching down on the ground. Tell them that they are a rocket, and every breath they take is a takeoff. As they take a long, slow breath inhaling through their nose, they slowly move into a rocket position with their hands forming the tip of the rocket above their heads, standing as tall as possible. Then once they have finished inhaling through their nose, they hold the tall rocket for two seconds before quickly exhaling through their mouth and falling back into the crouch position. This is like a rocket taking off. Repeat the takeoff for two minutes.

