



COMMUNITY SUPPORT NETWORK

Breathing Exercises

BEGINNING ACTIVITY – OPTION 1 **BELLY BREATHING | 5 min**

- Students can stand or sit for this activity.
- Ask students to put both hands on their belly.
- Students should close their eyes, or look down to their hands.
- Guide students in taking three slow deep breaths in and out to see if they can feel their hands being moved.
- You may like to count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out, pausing slightly at the end of each exhale.
- Encourage students to think about how the breath feels, answering the following questions silently, in their mind.
 - o What is moving your hands? Is it the air filling your lungs?
 - o Can you feel the air moving in through your nose?
 - o Can you feel it moving out through your nose?
 - o Does the air feel a little colder on the way in and warmer on the way out?
 - o Can you hear your breath?

BEGINNING ACTIVITY – OPTION 2 **NOSE BREATHING | 5 min**

- Breathe out to empty the air out of your lungs.
- Breathe in deeply and evenly through your nose.
- Hold your breath for the count of five (count 1, 2, 3, 4, 5)
- Use your left thumb to block the left side of your nose and breathe out slowly through the right side of your nose (count 1, 2, 3, 4, 5)
- Now block the right side of your nose with your right thumb and breathe out slowly through the left side of your nose (count 1, 2, 3, 4, 5)

Start activity.



CLOSING ACTIVITY – OPTION 1

PROGRESSIVE MUSCLE RELAXATION | 5 min

Sit in a comfortable position and get quiet and comfy. Breathe in slowly and breathe out even more slowly.

Now close your eyes and imagine you're floating on a soft fluffy cloud. You feel very safe on your cloud as it hugs your body. Your whole body feels very relaxed and heavy.

Notice your feet. Your feet feel very relaxed. Your feet feel so heavy that it would be hard to lift them if you tried. Now notice your legs. Your legs feel very relaxed. Your legs feel so comfortable in your cloud. There is a nice, warm, relaxed feeling slowly traveling up your body, filling it with peace.

Notice your stomach. It feels very calm and filled with pleasant warmth. Now be aware of your chest. Your chest feels relaxed as it moves up and down slowly with each breath.

Focus on your neck and shoulders. They feel so tranquil and heavy. Feel the back of your shoulders touching the cloud. Focus on your head. Feel how relaxed your head is right now. Your head feels warm, happy and heavy. Your head and face are very relaxed. Your mouth and eyes are free of relaxed.

Allow your thoughts to come and go without worrying about anything. Everything is OK, and you are feeling very calm and good. Enjoy the warm, calming sensation as it travels all around your body, filling you with peace and relaxation.

Take a deep breath in and out and slowly open your eyes.

CLOSING ACTIVITY – OPTION 2

BALLON BREATHING | 5 min

*Supplies – Balloons and markers. *Optional - decorate your balloon any way you want.*

- Sit comfortably on a chair
- Take a deep breath in
- Take a deep breath out emptying your lungs
- Now hold your balloon up to your lips, take another deep breath in
- Now breathe out, filling the balloon with air
- Repeat until balloon is full with air. Notice how it feels as your breath leaves your body and fills the balloon.
- Now breathe in deeply, and now breathe out, this time pretending you are blowing into a huge balloon.
- Whenever you have feelings that you want to change, pretend that you have a huge balloon that you need to fill and take deep breaths in and blow out into your imaginary balloon.
- Let's do it one more time. Breathe in deeply, and now breathe out, pretending you are blowing into a huge balloon.
- Thank you for breathing with me.

End