

Activity Title:

Breathing Buddies

Simple breathing techniques improve our emotional regulation and focus.

AGE LEVEL: 4 - Adult

TIME: 5 -10 minutes for each technique.

Breathing techniques are really important tools to assist us with managing our emotions, mind and improve our relaxation and focus. Our breath is our life force, paying attention to it and learning to focus on it can be helpful in times of high emotional distress, such as anger, sadness and fear.

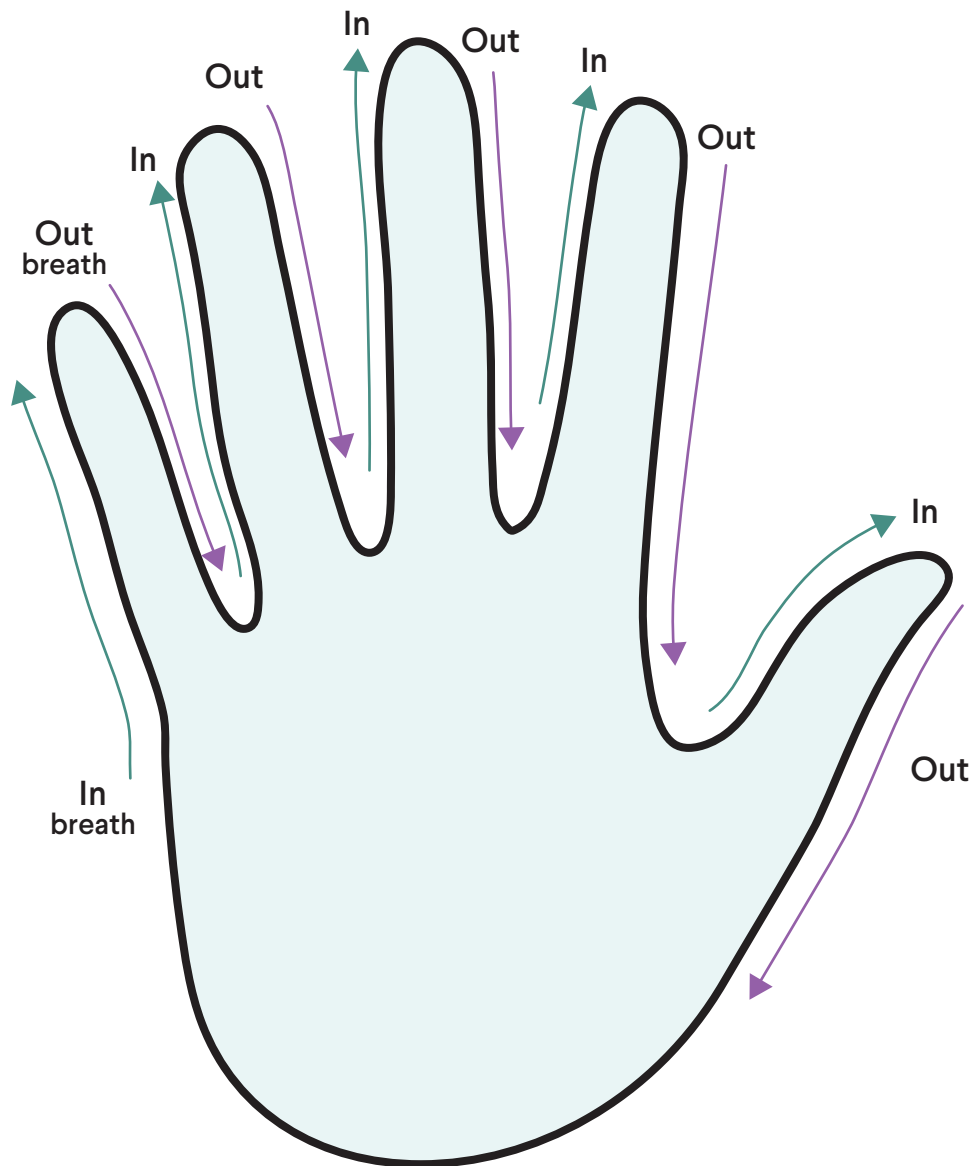
Anyone can use each of these techniques when you are feeling the need to, including in class situations such as tests and exams, at home before trying to sleep, or when you're feeling upset or worried.

Star Breathing – Instructions

1. Find somewhere comfortable and quiet to sit.
2. Pay attention to your breath, noticing the rise and fall of your chest as you breathe in and out. You might like to put your hand on your chest to feel it.
3. Hold your non-preferred hand in front of you.
4. Spread your fingers apart to form a star (See visual guide).
5. Take your preferred hand and with your index finger touch the outside base of your non-preferred hand's thumb.
6. Focus back on your breath. With your next breath inhale through your nose at the same time to move their index finger gently along the side of their thumb, in time with your inhaled breath. Demonstrate this with your child as you are explaining this. You are tracing up and down the outline of your hand with your finger as you breathe in and out.
7. When you exhale the breath, move your finger down the other side of your thumb, again in time to the exhaling of their breath.
8. With the second breath in, trace up the side of the pointer finger and on the exhale down the other side of the pointer finger.
9. Keep doing the tracing up and down of each finger, middle, ring and little as you breathe.
10. Repeat this sequence twice for a total of 10 breaths.
11. Notice how you felt before the exercise, after the exercise. Did your breath change? Speed up, slow down, become deeper, shallow?
12. Check for understanding.

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Star Breathing – Visual Guide



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Square Breathing – Instructions

1. Again, pay attention to your breath. Feeling with your hand the rise and fall of each inhale and exhale.
2. With your preferred hand point your finger and hold it up in front of your face.
3. Inhale for two counts and as you do so draw an imaginary side of a square with their finger.
4. Now gently hold the breath for two counts and draw the second side of the square you're your finger.
5. Exhale for two counts and draw the third side of the square with your finger.
6. Finally, pause for two counts and draw the final side of the square with your finger.
7. Repeat the breathing exercise again.
8. On the third repeat practice drawing the square with your mind, rather than in front of you.
9. If relaxing you can aim to hold each step of the square for a little longer.

