

Move-to-Improve Focused Breathing Techniques

2017-2018

Slower movements, simple stretches, and calm, mindful breathing can make it easier to transition students from high energy activities back to the focused mindset which is necessary to move on with daily lessons.* Some focused breathing techniques include:

Take-5 Breath

Inhale deeply and capture the breath in your hand, making a fist. Slowly exhale and silently count to five on your fingers.

Centered Breath

Inhale deeply and raise your arms over your head to bring your palms together. Slowly exhale and bring your hands down in front of your heart.

Smell the Flowers, Blow out the Petals

Inhale through your nose to “smell the flowers.” As you inhale, raise your arms over your head to look like the petals of a flower. Slowly exhale through your mouth and stretch your arms forward to “blow out the petals.”

Balloon Breath

Hold your hands an inch or so apart in front of your chest like a deflated balloon. Inhale deeply. As you exhale, “blow the balloon up” by widening the distance between your hands like a big balloon. As you inhale the balloon deflates and the distance between your hands decreases.

Hissing Breath

Inhale deeply through your nose. Slowly exhale through your teeth, hissing like a snake. Extending the exhale will allow kids to slow down their inner speed.

Heart Breath

Hold both of your hands over your heart and inhale for four counts. Then slowly exhale for four counts. Repeat. Can you feel how your heart beat is changing and slowing down, along with your breath?

Bellows Breath

Hold your hands an inch or so apart in front of your chest. As you inhale, widen the space between your hands (as your lungs would while inhaling). As you exhale, the space between your hands shrinks, modeling the actions of the lungs when we breathe.

My Mind is Calm

Hold your hands palms-up in front of you. Inhale deeply. As you exhale, touch your thumbs to your pinky fingers and say, “my,” then touch your thumbs to your ring fingers and say, “mind,” then touch your thumbs to your middle fingers and say, “is,” and lastly touch your thumbs to your index fingers and say, “calm.” Repeat, each time lowering the volume of your voice until you are saying it silently to yourself.

**When using any of these techniques, repeat until students seem calm.*