

# WAYS TO TEACH DEEP BREATHING TO CALM YOUR MIND AND BODY



Breathe like a Bumblebee:

Place tips of pointer fingers gently on your ears to close off sound.

Take a deep breath in.

Hum while letting it out.



Breathe like a Bear:

Pretend to be a bear that is hibernating.

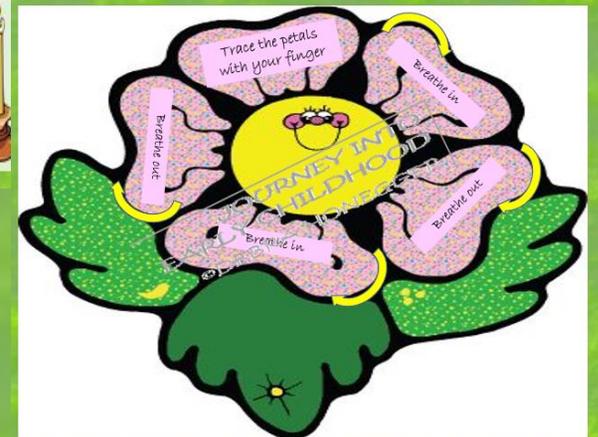
Take long, slow, deep breaths.

Breath in 1, 2

Breath out 3, 4

*I Take Deep Breaths to Calm My Body and My Mind*

1. *I make an 8 with my body.*
  - *I cross my legs and my arms.*
2. *I take deep breaths.*
  - *I pretend to smell a flower.*
  - *I pretend to blow out a candle.*



## 23 Strategies

[journeyintoearlychildhood.com](http://journeyintoearlychildhood.com)

# Teaching Deep Breathing

## Why:

1. Breathing influences all other systems in our bodies. Slowing our breathing and being conscious about our breathing helps us to calm our nervous system. Therefore, this is skill that students will need throughout their entire lives.
2. Easy to do anywhere – with no equipment- it is portable!
3. Produces a relaxed state of being
4. Can be calming
5. Improves oxygen to the brain which in turn improves our thinking ability
6. Provides us with a sense of control

## How to Teach Deep Breathing:

- Teach each technique – one at a time to the entire class when everyone is calm and in a good mood.
- Show visuals of each technique and post them in a place where students can use them as reminders.
- Practice, Practice, Practice at all times of the day. Students need lots and lots of practice so that the techniques can be used automatically in times of stress. It takes LOTS of practice to become an expert.
- Teach students to recognize signs of stress, frustration, and anger such as face getting hot, clenched fists, heavy breathing, crying, sweating, scrunched eyebrows, pounding heart.
- Teach students the difference between short, quick, shallow breaths and long, deep, calming breaths. We want students to be using deep breathing since short breaths can actually make anxious feelings increase.
- Model and role play different situations practicing self-talk such as “I am upset that he took my toy. I can breath like a bear 7 times.” “I am nervous about the fire drill. I can take 7 bunny breaths.” “He cut in line. I can say, “It’s okay.” and take 7 deep breaths.”

## If students need to see the power of their breath, practice with actual items:

- A flower and a candle
- A pinwheel
- Cotton balls- blow them across the table
- Feather – blow the edges up and then down
- Bubbles
- Hoberman Sphere- open it while breathing in and close it while breathing out





## Breathe like an Owl:

Place right hand on left shoulder.

Turn head to the left and do a neck roll to the right while saying, "Whooo!" (*by saying Whooo, it forces a breathing out*) Repeat 3 times.

Switch sides- place left hand on right shoulder



## Flower and Candle Breathing:

Breathe in with your nose like you are smelling a flower.

Blow out through your mouth like you are blowing out a candle.

- 
- **Breathe like an Owl:**
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Smell a Flower

1 – 2 – 3 – 4



Blow a Pinwheel

1 – 2 – 3 – 4 – 5 – 6

Smell a Flower/ Blow a Pinwheel  
Breathing to Relax

Smell a Flower

1 – 2 – 3 – 4 -5



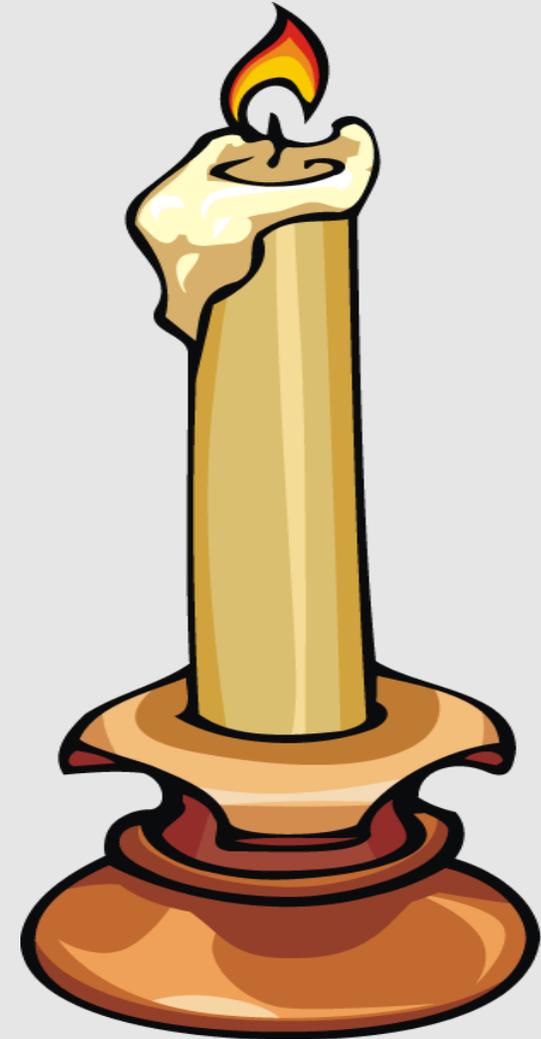
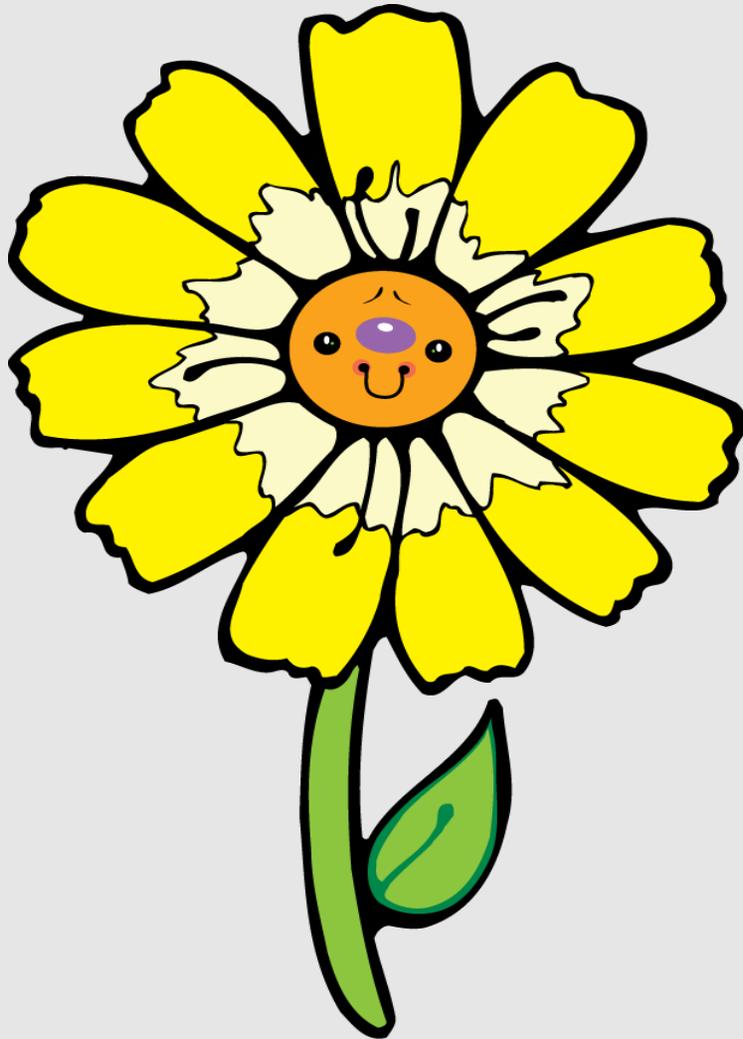
Smell a Flower  
Blow Out a Candle  
Energy Breathing



Blow out a  
candle  
with one  
big, fast  
whoosh!

1. Breathe in through nose  
Smell a flower

2. Breathe out through mouth  
Blow out a candle

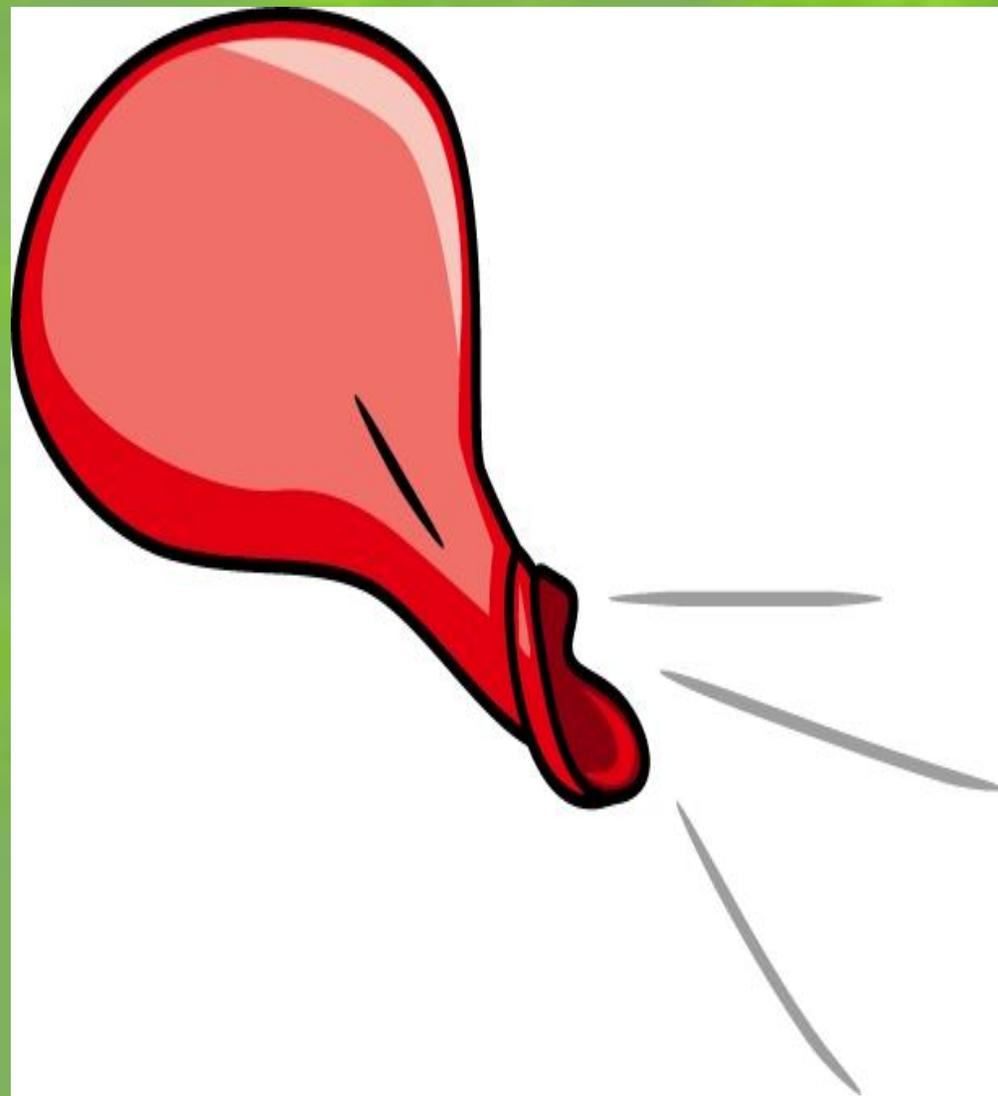




### Breathe Like a Bunny:

Breathe in three short sniffs through nose.

Breathe out slowly through your mouth counting 1-2-3-4-5



### Balloon Breathing:

Place your hands on your tummy.

Take three quick breaths in blowing up your tummy balloon. Feel your tummy expanding.

Let it all out slowly.

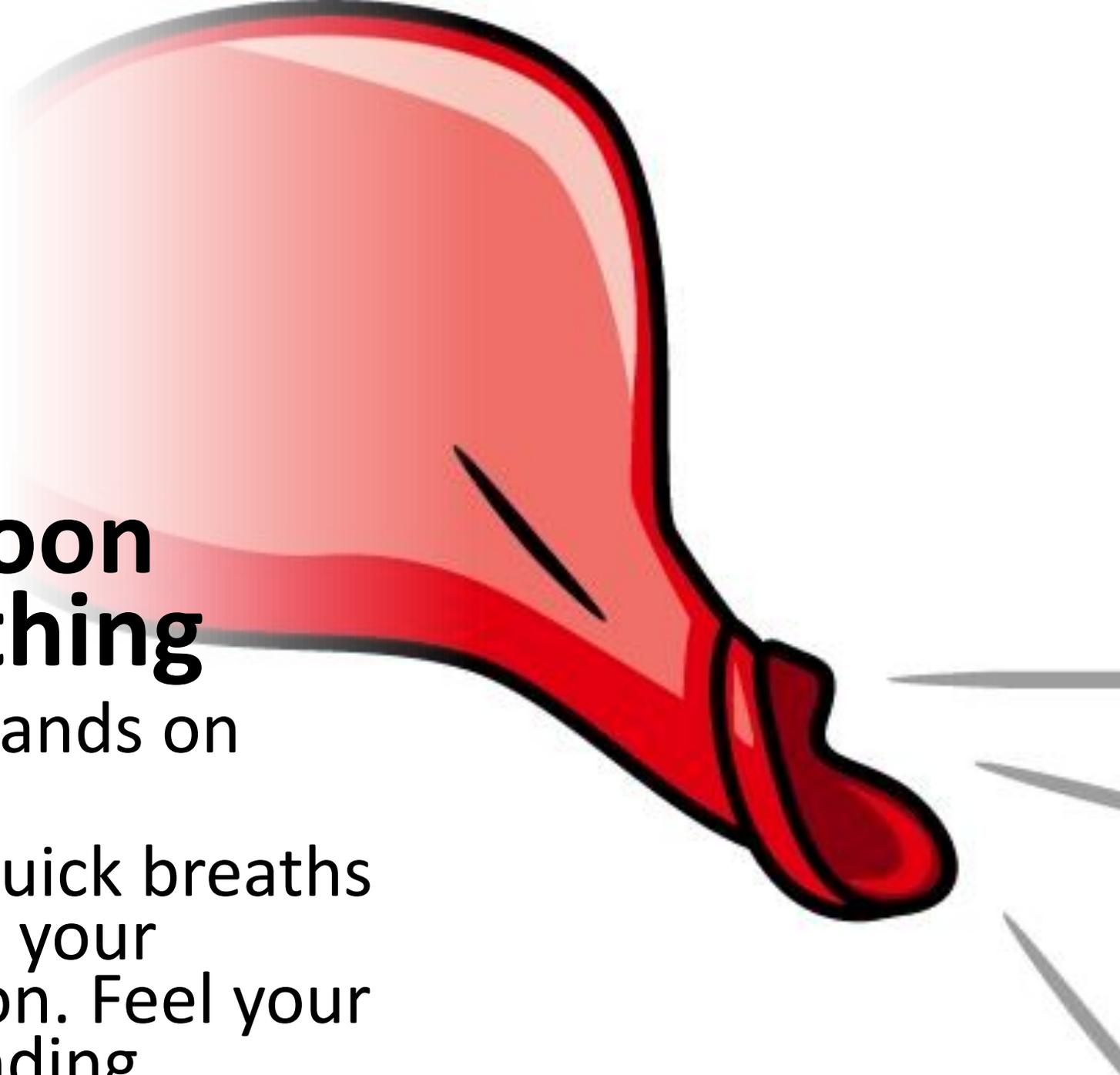


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Pretend to be a bear that is hibernating.

Take long, slow, deep, even breaths.

Breath in 1, 2

Breath out 3, 4



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3 - 4



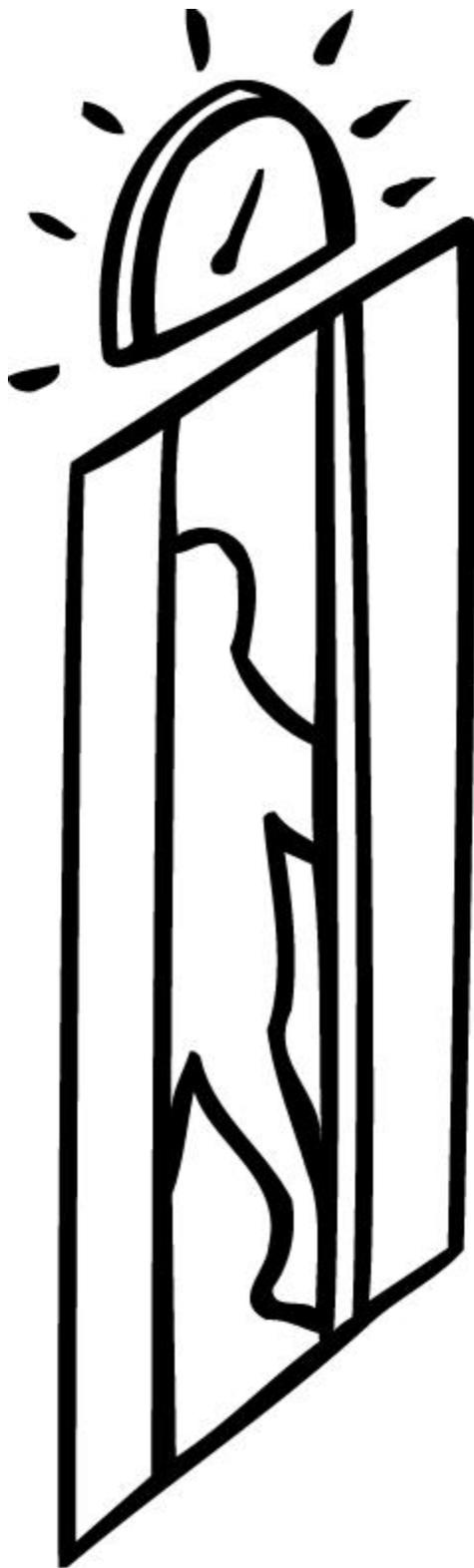
## Elevator Breathing:

- Sit up tall with your spine in a line.
- Raise your hands up while breathing in.
- Lower your hands and arms while breathing out.
- How tall is your building? Keep breathing in and out for each floor of the building.



## Breathe like a Lion:

- Sit comfortably on the floor or in a chair.
- Breathe in through your nose. Fill your belly all the way up with air.
- Open your mouth as wide as you can. Breathe out with a "HA" sound.
- Repeat several times.



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### Calming Breaths:

- Sit up tall with your spine in a line.
- Breath in while counting 1-2-3
- Breath out while counting 1-2-3-4-5



### Sunrise Breath:

- Sit with your spine in a line.
- Breath in while raising your arms high in the sky, clasping your hands together over your head to form the sun.
- Breath out while helping the sun to set- lowering arms back down by your side.
- Breath in and out with the sun rising and setting for a whole week.
- Repeat 5 times.



## **Calming Breaths:**

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# *I Take Deep Breaths to Calm My Body and My Mind*



*1. I make an 8 with my body.*

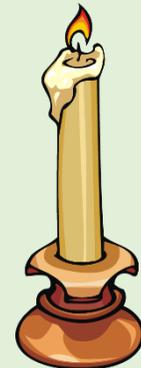
- I cross my legs and my arms.*

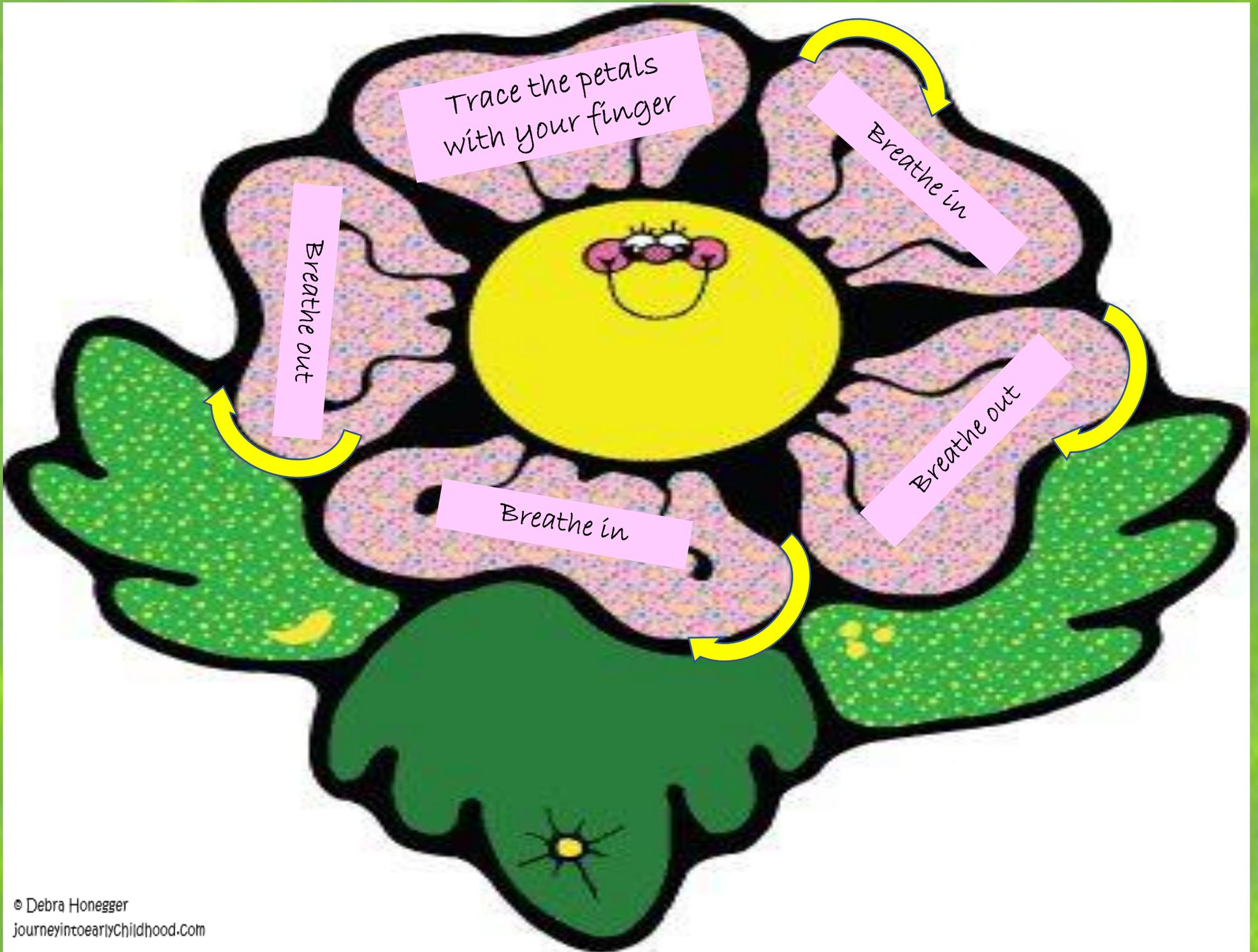
*2. I take deep breaths.*

- I pretend to smell a flower.*



- I pretend to blow out a candle.*





Trace the petals  
with your finger

Breathe in

Breathe out

Breathe out

Breathe in

### STEP 1:

Breathe in while tracing your finger from the palm to the tip of one finger on the opposite hand.

### STEP 2:

Breathe out while tracing your finger back to the palm. Repeat for each finger.

### STEP 3:

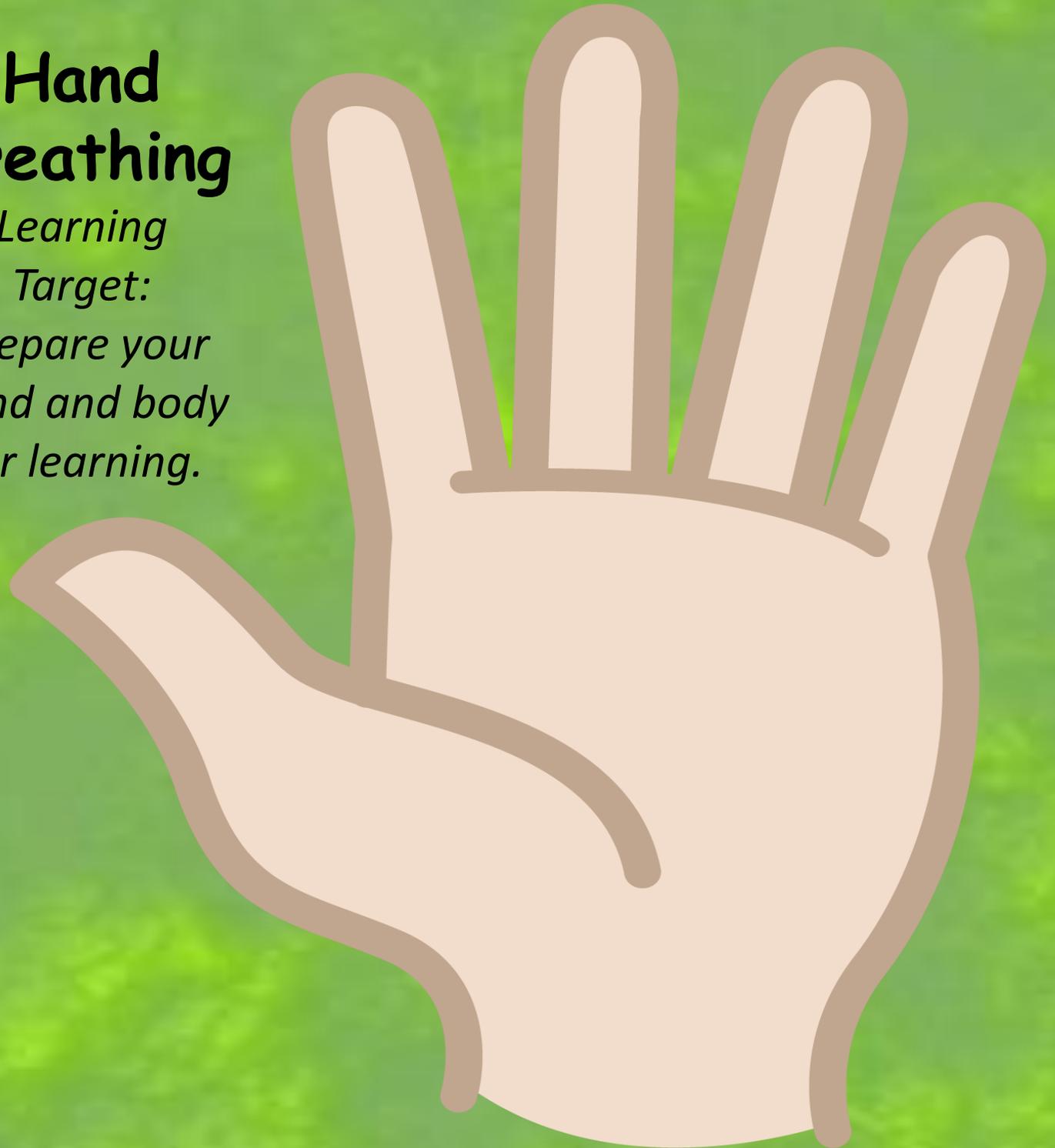
Draw tiny circles in the middle of your palm while you name one positive thought or one thing you are thankful for.

# Hand Breathing

*Learning*

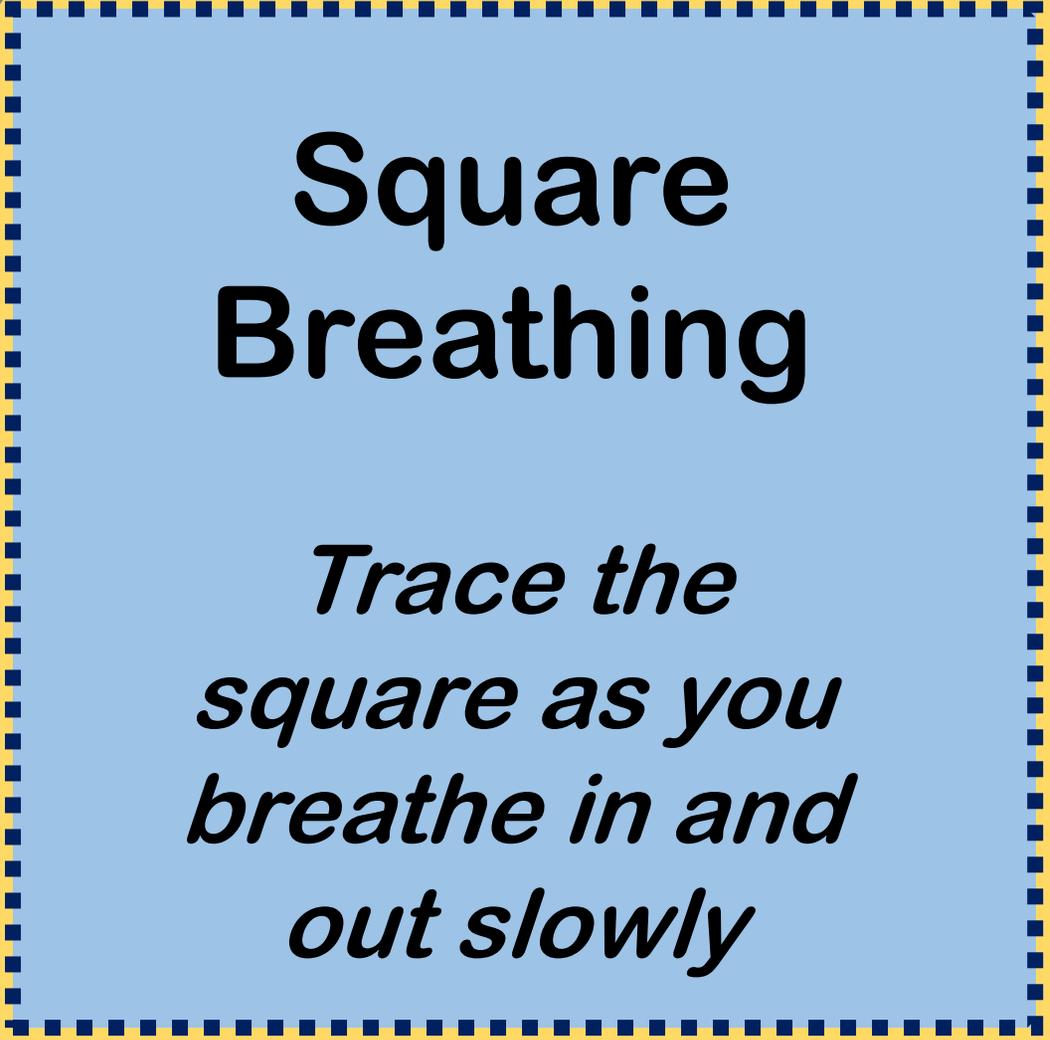
*Target:*

*Prepare your mind and body for learning.*



**START  
HERE**

Breathe in



# Square Breathing

*Trace the square as you breathe in and out slowly*

Breathe out

Breathe out

Breathe in

Breathe in

START  
HERE

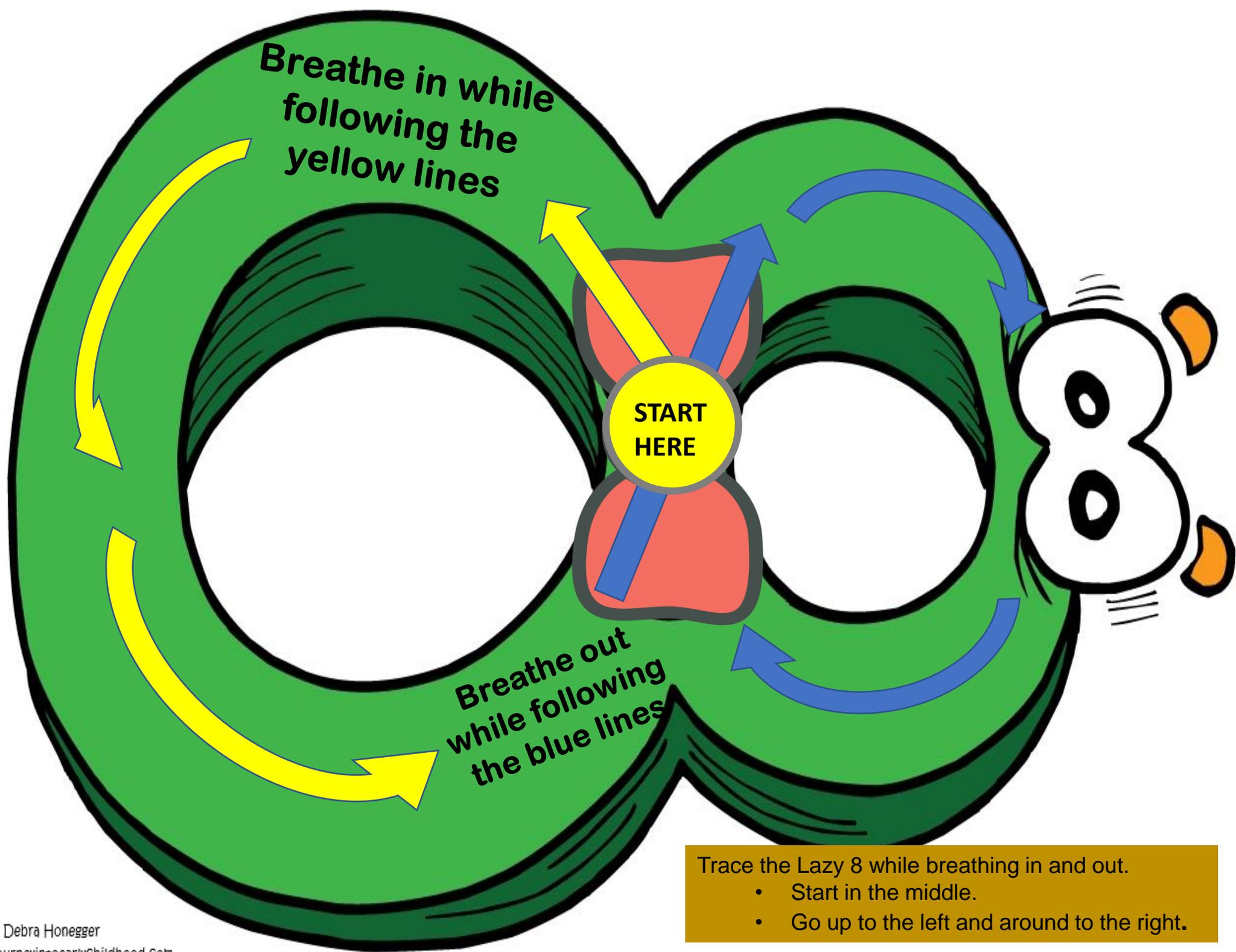
# Rectangle Breathing

*Trace the rectangle as you  
breathe in and out slowly*

Breathe in 1-2-3

Breathe out

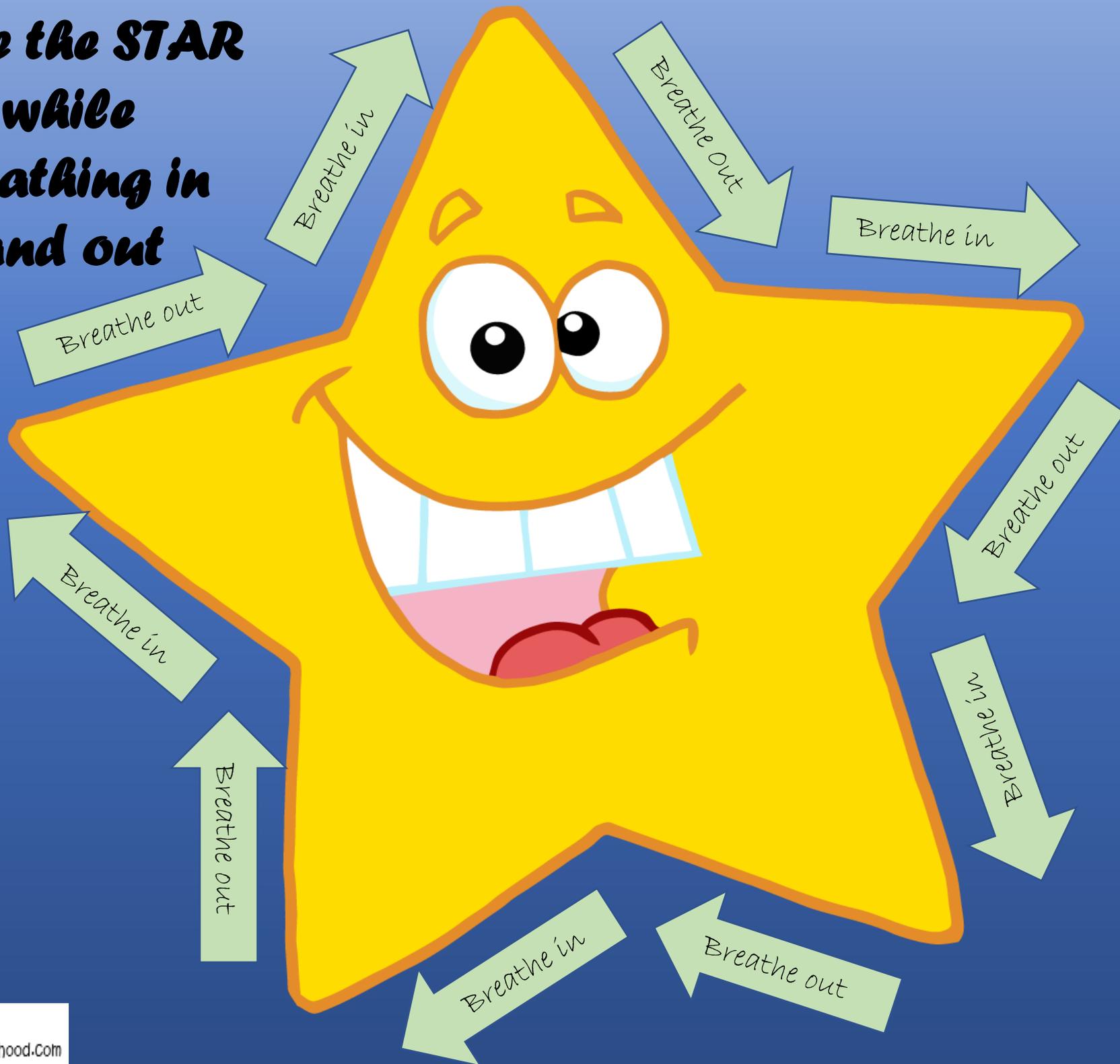
Breathe out 1-2-3-4



Trace the Lazy 8 while breathing in and out.

- Start in the middle.
- Go up to the left and around to the right.

**Trace the STAR**  
**while**  
**Breathing in**  
**and out**



## Circle Breathing

- Place your feet flat on the floor.
- Sit up tall with a straight spine.
- Put your fingertips together to form a sphere.
- Breathe in and move your fingers apart so it's like you are holding the world.
- Breathe out while you bring your fingers back together.



# Rainfall Breath



1. Sit up tall

2. Breathe in slowly

3. Breathe out and make a "shhh"  
sound, like the gentle fall of rain.



## *Shoulder Roll Breath*

1. Sit up tall
2. As you take a slow breath in, lift your shoulders up toward your ears.
3. Roll your shoulders back down as you breath out.
4. Repeat 5 times.

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