



## *Deep Belly Breaths*

- Play relaxing music at a low volume. An example is: Soothing relaxation music by Peter B Helland
- Ask children to lie down on a mat on the floor
- Give every child a beanie toy or feather to place on their tummy
- Ensure everyone is comfortable. Children can close their eyes if they wish.
- Ask children to bring their attention to their breath, still breathing normally.
- Ask children to notice how their body is feeling right now. Do you feel any sensations in your body? (warm, cold, tickly, tingly, heavy or light?)
- Now encourage children to take a deep breath in through the nose, hold for a second and then allow the breath to leave the body as slowly as possible through the mouth.
- It may be useful to count to 3 for the in breath and count to 5 for the out breath.
- Repeat this again. As you slowly breathe in through your nose, feel your tummy expanding (getting bigger). As you slowly breathe out, feel your tummy contract (get smaller)
- Children may wish to watch the toy or feather on their tummy rising and falling with each breath
- Repeat a few more times, noticing how the belly rises and falls each time.
- Notice how this makes your whole body feel.
- Do you feel the same, or different?
- Allow time for the children to lie quietly and listen to the music, focussing on their breath (no talking during this time)



## *Hot Chocolate*

- Pretend you are holding a mug of delicious hot chocolate.
- Hold the mug cupped in your hands in front of you.
- Bring the mug closer to your nose to smell the hot chocolate. As you do, take a long breath in (inhale) through your nose. Imagine you are smelling the delicious smell of chocolate.
- The chocolate is too hot to drink. As you exhale, try to make your breath out as long and slow as possible as we blow on the drink to “cool” it.
- Repeat a few more times, trying to make your exhale longer than your inhale.
- When we take deep breaths like this, how does it make your body feel?