

Breathing Exercises

This week we are all getting use to our new routines. There may be times when all these changes become confusing for us.

Today we are going to learn two different breathing techniques. The children may have already tried these exercises in school.

Teaching children to breathe provides them with a simple but effective strategy for slowing down, both mentally and physically, helping them to take notice of how they're feeling and to relax or calm down.

Sunshine Breathing

Sit cross legged with your hands resting on your knees. Try and sit near the window or find a sunny spot in your garden.

Close your eyes and take some slow deep breaths in and out.

Imagine a bright smiling sun shining on you.

Imagine feeling the sun on your face. Breathe slowly and let the sun warm your face.

Continue imaging the sun warming your whole body. Start with your shoulders and move down your back. Continue breathing in and out slowly and calmly. Imagine the sun's warmth spreading down your legs all the way to the tips of your toes.

Slowly stretch your arms overhead and take a big breath in imagining the sun's warmth on the tops of your fingers. Wave hello to the sun and as you exhale lower your hands back onto your knees.

Take one more deep breath in and out and slowly open your eyes.

Bumblebee Breathing.

Sit cross legged and begin by opening out your hands with your palms facing towards your face.

First place your thumb over your ears and then place the rest of your fingers over your closed eyes.

Close your lips with your teeth slightly apart.

Inhale deeply through the nose and breathe in for 5.

Count silently 1,2,3,4,5.

Exhale and make a humming sounds as you silently count 1,2,3,4,5.

Repeat.

Does it sound like a bumblebee?