



BREATHE WITH ME WEDNESDAY - BELLY BREATH

The Parasympathetic Nervous System and Belly Breath

Welcome students to Mindful Body.

Encourage them to find their Mindful Body posture so that they are ready to listen and learn.

Either play PNS/Belly Breath Video below or read the text here:

Parasympathetic Nervous System (PNS)

"Your Parasympathetic Nervous System (PNS) has many jobs. One of its jobs is to support your body in relaxing after a stressful experience. You might hear people say that your PNS is the "rest and digest" part of your nervous system."

"You could also think of the PNS like a parachute, slowing you down. The "para-" in "parachute" can help you remember "*parasympathetic*." Your PNS slows your heart rate and breathing and supports the digestion of food. It is also responsible for crying. Crying can often help your body release stress and move toward relaxation. It's really good for you!"

"Belly Breath can help you activate your parachute or PNS. Doing Belly Breath for a minute or more enlarges parts of your lungs called bronchioles. When your bronchioles are enlarged, they send a signal to your PNS to bring them back down to their normal size."

Belly Breath

- Find a comfortable place to sit, stand, or lie down.
- Pause for a moment to notice how your body feels. Do you feel relaxed, excited, stressed, or neutral? Do you notice tension or tightness anywhere in your body?
- Place one hand or both hands on your belly.
- Breathe in and visualize your belly filling up like an imaginary balloon.
- Breathe out through your nose or mouth and imagine the air going out of a balloon.
- Continue breathing like this for one minute or longer.
- Return to your normal breathing pattern. Pause to notice how you feel now.
- What words would you use to describe how you're feeling? If you noticed tension or tightness in your body before, how does that part of your body feel now?

Send home a copy of the Brain Builder: PNS/Belly Breath