

SHINE ON

Activity #2

TURNING DOWN THE VOLUME
OF THE CHALLENGING VOICE



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TURNING DOWN THE VOLUME OF THE CHALLENGING VOICE

The Challenging inner Voice is strong, loud, quick to make us react, and brings up uncomfortable feelings of stress and unease. To help our children manage it is similar to managing a big reactive emotion - by learning to pause and take a moment before reacting. A great tool to help your child do that is Mindful Breathing. These are powerful techniques used to focus our breathing on our natural rhythm, flow, and feel each inhale and exhale to anchor in the present moment, so it is easier to let go of worrying about the past or the future.

We picked a few Mindful Breathing that your child can easily learn and use whenever feeling unease, stress, or confusion.

You can use the videos below or the printable cards to help your child learn the different breathing exercises.

Support your child by pausing periodically and taking the time to breathe mindfully together.

Remind your child to use Mindful Breathing when they want to bring forward their True inner Voice when facing a challenge, a decision, or a fear.

Learning to calm down the Challenging Voice and manage our feelings requires practice and consistency.

Make Mindful Breathing a healthy habit, like others, such as brushing the teeth, taking a shower, and let your child choose one exercise to practice each day, either in the morning and at night before going to sleep.

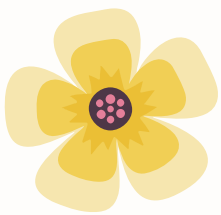
Your child will feel calmer, less stressed, more creative, alert, mindful, and happier.



MINDFUL BREATHING CARDS

We suggest you:

- Print the sheets with the cards.
- Glue them on a cardboard and cut them.
- Make a punch in the upper left angle and put on a ring.
- Your Mindful Breathing portable cards are ready.

**SMELLING FLOWERS**

Imagine you are smelling a flower, breathing in deeply through the nose and out through the mouth. Smelling flowers is one of the easiest breathing exercises to master, and a good starting point for you.

**THE BUNNY BREATH**

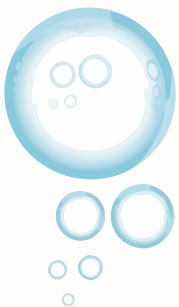
Just like a little bunny in the garden, encourage your child to take three quick sniffs in through the nose, and one long exhale out through the mouth.

**FIVE FINGERS BREATHING**

Stretch your hand out like a star. Get your pointer finger ready to trace your fingers. Slide up each finger slowly - slide down the other side. Breath in through your nose - out through your mouth. Put it together and breathe in as you slide up and breath out as you slide down. Keep going until you have finished tracing your hand.

**THE SNAKE BREATH**

Pretend you are a snake and hiss, inhaling deeply through the nose and blowing out through the mouth with a soft and low hissing sound.

**BLOWING BUBBLES**

Pretend you are holding a bubble wand in your hand. Take a deep breath in, hold that breath for a moment. Slowly breath out, as you visualize shimmering bubbles floating into the sky. If there is something you are worried about right now, imagine that the bubbles are carrying that worry away.

**SMELL THE FLOWER AND BLOW OUT THE CANDLE**

Pretend that you have a flower in one hand and a candle in the other. The first step is smelling the flower, taking a deep breath in through the nose, and filling the lungs with air. Next, exhale and blow out the candle in the other hand.

BUMBLEBEE BREATH



Sit down comfortably and place your hands on your knees. Inhale through your nose, keeping your mouth closed. Next, with your mouth still closed, make a humming or buzzing noise (like a bumblebee) as you exhale. You can also cup your hands around the ears to amplify the buzzing sound.

DEEP BELLY BREATH



Place one hand on your belly and one hand on your chest. Take a deep breath in for four counts and then exhale slowly (through the nose) for four counts. Remind to pay attention to the rise and fall of your chest and belly as you complete the exercise.

TUMBLE DRYER



Sit cross-legged and get comfortable. Point your index fingers toward each other in front of your mouth. After your inhale deeply through the nose, exhale through the mouth and swirl your fingers around as you do so (like a tumble dryer). The fun part of this is the swishy noise you hear as you exhale.

DRAGON FIRE BREATH



Interlace your fingers under the chin, and as you inhale, raise the elbows as high as you can around your neck and face. On the exhale, lower your elbows back down.

HOT AIR BALLOON BREATH



Sit comfortably and cup your hands around the mouth. Inhale deeply, and on the exhale (through your mouth), expand your hands outward, as if you are blowing up a giant hot air balloon.

SHOULDER ROLL BREATH



Sit comfortably; as you take a deep breath in, roll your shoulders up toward the ears, and then drop the shoulders back down on the exhale.

