

BRAIN / BODY THURSDAY - REVIEW EXISTING BREATHS

Supplies: Breathing Cards: Flor Fuerte/Flower Power, Hand Tracing Breath, León/Lion's Breath, Belly Breath



**FLOWER POWER
BREATH
A-Z CARD**



**LION'S BREATH
A-Z CARD**



BELLY BREATH

Play Review of Breathing Tools video or read the discussion here:

“We have been learning different ways to practice our breathing. Who can tell me one breath we have learned so far?” [Take a volunteer, then review all the breaths below, using the Breathing Cards as prompts.]

Flower Power Breath

- Reach up overhead with one hand
- Using the same hand reach out in front of you and pretend to pick a flower
- Bring the flower to your nose and breathe in
- Open up your fingers, let go of the flower, and breathe out, saying “Ahhh”
- This breath helps to connect us to what we’re feeling in the moment.

Hand Tracing Breath

- Hold one hand in front of you
- Use a finger from the opposite hand to trace up and down your fingers
- As you trace up, breath in, and as you trace down, breathe out
- [Model and ask students to model with you]
- “This breath helps our body focus. If we’re feeling jittery, nervous, or like we need to move, this breath can help us slow down.”

Lion’s Breath

- Take a deep breath in
- As you exhale, stick out your tongue and audibly say, “Ahhhhh”
- [Model and allow students to model with you]
- “This breath helps you when you are feeling angry or heated. It can release that energy and heat from your body.”

Take 5 Breath

- Each breath will go along with a movement
- Breath One: Inhale and raise your arms overhead, Exhale, clasp hands, and bring them down to rest on your head
- Breath Two: Inhale and raise your hands overhead, Exhale, twist, and bring your arms down (one resting behind you, the other resting on your opposite knee)
- Breath Three: Inhale - lift hands over your head, Exhale, twist in the opposite direction, and bring arms down (one resting behind you, the other resting on your opposite knee)
- Breath Four: Inhale and raise arms overhead, Exhale and hug yourself (Shanti Hug)
- Breath Five: Inhale and raise arms overhead, Exhale and hug yourself with the opposite arm on top (Shanti Hug)
- [Model and allow students to model with you]

Belly Breath

- Option to place hands on the belly
- Breathe in notice your belly expand and get bigger like an imaginary balloon blowing up
- Breathe out notice your belly fall like a balloon letting its air out
- [Model and allow students to model with you]
- “This breath helps us connect with our body and notice how it is feeling.”

“Now that we’ve thought about our different breathing tools let’s practice feeling, connecting, and acting to heal. Let’s start with ‘Feel.’ How are you feeling right now? If you’d like, you can close your eyes and focus on your body. How does it feel right now? Now let’s ‘Connect,’ what does your body need based on how you are feeling? Maybe you need to get some frustration out, or maybe you need to wake up!

Think about how you feel and which breathing tool could assist you with those feelings. Let’s ‘Act’; choose the breath you are in need of and take that breath! Let’s all take our own breath for whatever we are in need of.”

In person: Put students into small groups, and have them teach each other the breath they chose. If short on time, you can take 1-3 volunteers to teach the whole group. Remind students to listen mindfully and respectfully as their teammates share.

Virtual Options: Place students in break out groups, have them teach one another. Option to ‘Spotlight’ a student while everyone takes their own breath. If asynchronous, students can upload a video of themselves picking their favorite via Flipgrid. Remind students to listen mindfully and respectfully as their teammates share.

Ask volunteers to share how they are/were feeling and what breath they chose.

Continue Reading *The Story of Ferdinand* if you have not completed it.