

Take Calm Breath

A script for teaching it to kids

Introduction

The part of our bodies that helps us breathe, are called the lungs. Most people have two. (take your hands and show the children that they are on either side of your trunk, and have them do the same). Keep your hands there and take a breath in and a breath out—can you feel them moving?

Every minute of every day, without you having to think about it, your breath keeps you alive by coming in (inhaling) and out (exhaling).

Taking a calm breath can help you feel quiet and steady.

Instruction

The Calm Breath is slow and deep as it come in and goes out. I will show you with my body and with a ball (hoberman sphere or hands). Illustrate by taking a slow deep breath in and as you do, expand the ball or hands until it is as large as it can be. As you breath out, slowly make the ball as small as it can be. Now ask the children to breath with you, continuing to use the visual. Take two breaths this way.

Practice

Have the children take 3 calm breaths in and out (keep using the ball for a visual). Then pause and have them put their hand over their heart and ask “can you notice a quiet steady feeling inside?”