

## Objective

Students will practice belly breathing.



**Bold**—Teacher’s script

*Italics*—Anticipated student responses

## Why This Matters Now

Right now students may be having strong feelings, which can be accompanied by uncomfortable sensations in their body. Belly breathing helps lower blood pressure and heart rate, which calms the body. Noisy, fast breathing and breathing from the chest can make students feel more upset. It can take some time for young students to learn this technique. Continued practice will be important.

## Activity Instructions (10–15 min.)

1. Introduce the activity to students. **Today you’re going to practice belly breathing. It’s a special way to breathe that helps you calm down when you’re having big feelings.**
2. Briefly discuss different kinds of breathing. **Have you ever noticed how you breathe? Take a moment now and just notice your breath. Is it fast or slow? Is it quiet or loud?** Give students time to notice their breath. Invite them to share what they notice.
3. Demonstrate belly breathing. **Belly breathing has three steps:**
  - Step 1: **Put your hands on your belly.**
  - Step 2: **Breathe in slowly through your nose. Feel your belly move out so it touches your hands.**
  - Step 3: **Breathe out slowly and quietly through your mouth. Feel your belly move away from your hands.**
4. Demonstrate belly breathing one or two more times as you say the steps.
5. Have students practice belly breathing. **Now it’s your turn to practice belly breathing.** Have students sit or lie down. Say the belly breathing steps as students do them. Reinforce the correct technique when you observe it. Have students practice two or three times.
6. Discuss students’ experience. **How did it feel to do belly breathing?** Give students think-time. Invite them to share their experience.
7. Reinforce. **We’re going to practice belly breathing together every day. You can also practice at home. You can use belly breathing to help you calm down when you’re having big, uncomfortable feelings. You can also talk to people about your feelings.** Continue to practice belly breathing regularly with students and model belly breathing throughout the day.

## Remote Adaptation

Have students watch a video model of belly breathing and then practice with a caregiver. You can find a video online or create one yourself.

## Please Give Us Feedback

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