

FOUNDATION BREATHING TECHNIQUES

For Emotional Resilience

FIVER FINGER BREATH

Hold up your right hand, place your left index finger on the outer edge of your right little finger. When you breathe in, run your left finger to the top of the right little finger keeping in contact throughout, and as you breathe out lower your left finger down the inside of the right little finger. Repeat this for all fingers and thumb taking it as slowly as you can to really help calm the nervous system.

THREE DEEP BREATHS

Close your eyes and take three deep breaths together when you really need a moment in your classroom or with your families.

BOX BREATHING

Find a comfortable seated position, or lay down if you prefer. Allow your focus and awareness to become solely onto the breath. Now start drawing the breath into the lungs and diaphragm through the nose for a slow count of 4, hold the breath for 4, exhale the breath out of the nose for 4, and hold again for 4. Repeat this for as long as you need.

BALLOON BREATHING

Imagine lying in your favourite place, maybe it's in a beautiful, green field or a white, sandy beach. You are lying still and peaceful, with both hands resting on your belly. As you breathe into your belly you feel your hands raise up like you're filling up a big balloon in your tummy and you suddenly feel light and airy! As you breathe out feel your hands lower as your belly get smaller and you feel happy lying in your special place.

BREATHING BALL

A wonderful way for little ones to learn how to breathe slowly and calm themselves! As you breathe in, slowly expand the ball bigger and bigger! Push the ball in as you breathe out. Ask them to visualize breathing in nice, positive air, and breathing out any negative thoughts or something they want to get rid of.

LIONS BREATH

Have everyone take a big, deep breath through your nose! Then open your mouth, stick your tongue out, and let out a big "ROAR" like a lion as you exhale!

BACK-TO-BACK BREATHING

Two people sit back-to-back, making sure the base of your spines connect and you're sitting up nice and tall. We can focus on drawing our breath into certain parts of the body, and with this method we draw it into our backs and see if you can feel your partner's breath. Try to start breathing in synchrony by tuning into your partner's rhythms. A great technique for integrating partner work in the classroom or even in the home.

CALM AS A CLOUD

Let's imagine ourselves sitting on a cloud to help us feel calmer. Let's breathe while we float on our clouds together in the sky, and use our calm cloud breath to feel light and happy. Deep breath in to float higher! Deep breath out for calm. (Repeat)

CALMING MINDFUL FAMILY TOOLBOX

MONDAY MOTIVATION + GRATITUDE:

"I enjoy all the times I feel calm as a cloud.
Being calm as a cloud makes me feel happy and relaxed.
I will do my best to be calm as a cloud this week."

TUESDAY OBSERVATION:

Pay attention to all the times throughout the week that your child shows calm behaviour, or make someone else feel relaxed or calm. You could even create a calmness chart for example making a 'Calming cloudy sky'- which you draw a cloud to add to the sky when acknowledging a calm moment. There is no point scoring here, it is a family team effort, so no child feels like they have done better than another. You can fill the sky and maybe offer a family reward once completed.

WEDNESDAY CREATIVITY:

Rest your mind time jar- Find an old jar, a small ish one do. Maybe an old jam jar, and start by cleaning any labels and glue off it so it's a clean surface. Fill the jar close to the top with water then add some glitter/sequins/sand/food colouring- close the lid tight! Add gems/sequins to the jar/lid (optional) then you're ready to go!

Explain to your little one that when you shake the jar, the glitter and sand/sequins moving about inside represents your mind feeling busy. If they are a little older you may be able to explain that it reflects actual feelings such as stress, worry, anxiety or just too many thoughts racing round your mind. Whatever their age, you can then explain that when the glitter and sand/sequins settles, this is your mind calming. You can instruct your child to breathe deeply and slowly while they watch the contents of the jar to settle.

THURSDAY TIME-IN AND DEVELOPING RELATIONSHIPS:

Take some time to ask your child what makes them feel calm as a cloud, and you do the same for yourself. You want to try and focus on 'time in' here, so making them think about things they like to do together such as snuggling up with mum with hot chocolate and a favourite book, or giving each other little hand massages, baking some healthy cookies, extra snuggles before bed etc.. Whatever they (and you!) come up with, try and do one of those things during the following days, it can be their 'Special Calm Time' with you. Make your time together about quality not quantity.

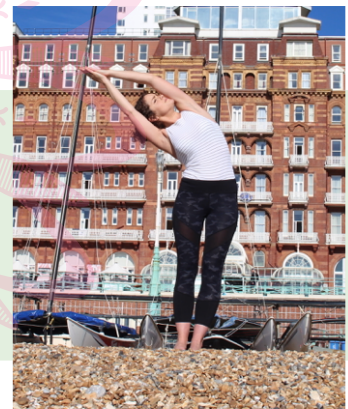
FRIDAY BREATHING EXERCISE AND EMOTIONAL RESILIENCE:

Calm as a cloud breath- laying on your back, with your legs bent and soles of your feet together. Imagine you are looking up at a beautiful blue sky, now with one hand on your tummy and the other on your chest, breathe in nice and slowly and as you breathe out of your mouth imagine you blow the fluffiest white cloud away from you and into the sky. Watch it float up slowly and calmly into the sky- your breath in the calming wind carrying the cloud into the sky.

CALMING MINDFUL FAMILY TOOLBOX

SATURDAY YOGA POSES FOR STRENGTH AND FLEXIBILITY (EASY POSE, ROCK POSE AND CRESCENT MOON POSE):

This can be part of a morning or evening routine to book-end the day with a bit of positivity or calming. Also, if your toddler struggles with bedtime, it can be incorporated into that routine as a method of calming before sleep.



SUNDAY NIGHT AFFIRMATION + SELF-CONCEPT:

CALMING MANTRA

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"I AM A CALM CLOUD.
I BRING CALM AND HAPPINESS TO
THOSE AROUND ME.
I AM LOVED."

HERE

POSITIVE BOOKENDING ACTIVITY SHEET

Good morning! Before doing anything else, let's start your day by thinking about three things you are thankful for:



The evening has come and the sun is setting on another day, lets end today by thinking about three things that you appreciated and enjoyed:



It can help up so much when we are thankful for each and every day we live. Sleep tight!

CALM AS A CLOUD

Watching clouds float past us in the sky can be so calming. Ever wondered what it might be like to fly in the sky so high? Let's imagine ourselves sitting on a cloud to help us feel calmer. Let's breathe while we float on our clouds together in the sky, and use our calm cloud breath to feel light and happy. Deep breath in to float higher! Deep breath out for calm. (Repeat)

HERE FOR YOU, FOR THEM

HERE

ROOTED TREE FOR ANXIOUS MINDS

Trees grow strong together, and they come in all shapes and sizes! Let's help our brains relax now by turning ourselves into trees! Let's all stand up! Take a deep breath in and think of your favourite tree. Deep breath out now. Imagine your roots grounding through your feet into the floor below. Now let's do tree pose together. We can even make a forest as a class!

HERE FOR YOU, FOR THEM

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APPRECIATION ARMADILLO

Let's give ourselves a big hug and wrap our arms around ourselves, like the shell of an armadillo. Close your eyes. Think about what you are grateful for. Appreciation Armadillo is always grateful for the safe home around his body that his hard shell protects ~ Much like how your arms are forming a protective shell around you now! Take a deep breath in and think about what makes you grateful and happy, just like Appreciation Armadillo.

HERE FOR YOU, FOR THEM

HERE
For You For Them

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