

Hoberman Sphere

1. Demonstrate fluent, resilient, and rhythmic breathing by opening and closing the sphere in a dance-like motion
2. Demonstrate fast paced “survival mode” breathing by expanding and closing with frantic energy.
3. Explain to students that when we are relaxed and ready to learn, we breathe easily and rhythmically. Practice together.



Astronaut

1. Start with feet together and hands resting on your heart. Bring your hands together and reach them high over your head while inhaling through your nose, like a rocket beginning to launch. Pretend the air in your chest is your fuel tank.
2. Widen your stance and bring arms out to your sides, while exhaling and lowering to the floor, like a space capsule landing gently into the sea.
3. Bring hands back to your chest and notice your heartbeat. What does it feel like to be safely home on the earth? Repeat a total of three times.



Five Finger Breathing

1. Begin by holding up one hand and spreading your fingers wide
2. Using your opposite hand and starting at the base of your thumb, trace around your fingers while taking deep breaths in and out. Breathe in as you trace up, breathe out as you trace down.
3. Repeat for each finger or repeat, as necessary.



Rainbow Breath

1. Stretch your arms out wide on either side of your body.
2. Slowly begin to take a deep breath in through your nose, while bringing your arms up over your head in a rainbow shape.
3. As your breath out, bring your arms back out to your sides.
4. Continue the movement as needed!



4-7-8 Breathing

1. Empty all the air from your lungs.
2. **Breathe** in quietly through the nose for 4 seconds.
3. Hold the **breath** for a count of 7 seconds.
1. Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds.
2. Repeat the cycle up to 4 times.



Stop and Smell the Flowers

1. (If you are comfortable doing so) Close your eyes and imagine there is a big flower in front of you. Imagine what it might look or smell like.
2. Breathe in through your nose as though you are smelling the flower you imagined.
3. Now imagine there is a candle in front of you.
4. Breathe out of your mouth as though you want to blow out the candle. Repeat, as many times as feels good.



Squeeze Breathing

1. Find a stress ball, squishy fidget, or something else that is soft and safe to squeeze.
2. Breathe in deeply through your nose, and as you do, gradually curl your fingers around your squishy object.
3. Tense the muscles around your hand as you breathe.
4. Hold your breath for just a few seconds, then release the muscles in your hand as you breath out.
5. Feel the tension in your hands wash away as you exhale.



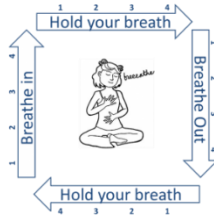
Buddy Breath

1. Find a small stuffed animal or other favorite “buddy” (e.g., a fidget tool)
2. Lay down in a comfortable (and safe) place with your buddy on your stomach.
3. Breathe deeply in and out through your nose, and notice as your buddy moves up and down while the breath moves in and out through your belly.



Box Breathing

1. While sitting, breathe in through your nose for a count of 4, taking the breath into your stomach.
2. Hold your breath for a count of 4.
3. Release your breath through your mouth with a whooshing sound for a count of 4.
4. Hold your breath at the end of your exhale for 4 seconds, breathe in again for a count of 4
5. Repeating the entire technique 3-4 times in a row.



Star Breathing

1. Begin at any side of the star that says, “breathe in” and follow the instructions as you trace the entire star with your finger.



