



SCHOOL BREATHE
breathwork for a calmer classroom

THE FIVE SENSES BREATH

Benefits:

- Instantly connects you to the 'now'
- Calms the mind
- Balances the nervous system

POSITION

Standing or sitting. Make sure you have a nice tall posture. Lengthen the spine you're your shoulders relaxed. Have both hands on the belly and take five slow breaths in and out through the nose.

Breathe...

- Take **5** full belly breaths while bringing your attention to each one of the senses. (1 breath = 1 x inhale 1 x exhale)
- **Sight:** Breathe in through the nose out through the nose, connect with everything you see right now. All the colours, light, shadows, shades, textures. During the next **5** breaths acknowledge and focus on the sense of sight and all that you see. Breathe in....Breathe out...
- **Smell:** Deepening the breath, become aware of any aromas as you take the air deep inside of your lungs. From perhaps any fragrances you have on your skin, or aromas in the air. Take four more deep breaths to see if you can detect any smells in the air.
- **Hearing:** Connecting to your sense of hearing, become aware of the actual range of your hearing. One moment being sensitive, for instance, to the sound of your own breath at the tip of your nose. On the next breath perhaps being able to hear sounds in the far distant – a car or plane. Be in awe of your range of hearing. Breathe in...Breathe out... Take **5** breaths while allowing the body and mind to receive sound.

- **Taste:** Slow the breath down and take all your awareness to inside your mouth. Run your tongue across your teeth and around your mouth and notice any flavours within the mouth. Breathe in...Breathe out...Any tastes from breakfast? A hint of mint from your toothpaste? Take 5 breaths here really honing on your sense of taste
- **Touch:** Notice the feel of the clothes on your skin, the sensations of the floor (or earth if outside) beneath your feet, how the fresh air touches your arms and face. Be aware of any emotions you may be feeling as your sense of touch comes into play. Breathe deeply and connect with everything you feel right now. Breathe in...Breathe out....Take 5 breaths and accept all these emotions.



“We cannot create observers by saying ‘observe; but by giving them the power and the means for this observation and these means are procured through the education of the senses.”

Maria Montessori

<https://vimeo.com/355965643>

www.schoolbreathe.com