



## **Bunny Breathe**

### **Tips and Advice**

This is a fun, light-hearted breath technique with some great subtle physical and mental benefits. The short, multiple inhalations help energise the system while the longer, extended exhalation can help calm the nervous system. This exercise is great for both energizing the body and calming the mind. If children are appearing distracted in class, a few rounds of bunny breath will see them refocus their attention

### **Habit Anchors**

This is definitely one to practice at the beginning of the day or at the start of a new learning activity. Maybe you could ask the children to practice this in pairs and ask the children to share how they feel after the practice?

### **Fun Bunny Facts**

- Ancestors to today's rabbits appear in the fossil record about 55 million years ago, although some scientists believe rabbits are even older.
- Rabbits were domesticated during the fifth century by monks in Southern France.
- A rabbit's heart rate is between 120 – 150 beats per minute and respiration rate is about 30 – 60 breaths per minute. Nearly twice as quick as ours!

### **Printable Script**

Have you chosen a pupil to be the 'Breath Teacher' this week?

Below is the script for Bunny Breath to teach the class

## Bunny Breathe

### Benefits:

- Peps up energy
- Exercises the imagination
- Encourages a sense of play
- Helps access feelings of calm
- Great for focusing the mind

### Let's Breathe...

Bring your hands up to just under your shoulders and make your hands to look like bunny 'paws'.

We are going to take in 4 'sniffs' or 'in breaths' through the nose.  
And then we are going to breathe out through the nose with one long exhale.

Lets do this together now.

- Sniff, sniff, sniff sniff (4 x small short inhales through the nose)
- Exhale slowly and fully through the nose
  
- Sniff, sniff, sniff sniff (4 x small short inhales through the nose)
- Exhale slowly and fully through the nose
  
- Sniff, sniff, sniff sniff (4 x small short inhales through the nose)
- Exhale slowly and fully through the nose
  
- Sniff, sniff, sniff sniff (4 x small short inhales through the nose)
- Exhale slowly and fully through the MOUTH this time

How are you feeling? Practice this anytime you need a little more hop in your step!

### Quote of the Week

*"If there were no  
teachers, all other  
professions would not  
exist"*

[www.schoolbreathe.com](http://www.schoolbreathe.com)