



**SCHOOL BREATHE**  
breathwork for a calmer classroom

## **Elevator Breathe**

This is a great breath technique for calming the nervous system and can be practiced at the beginning of the day to help start the day in a calmer frame of mind. Can be practiced before an exam or anytime your child/ren feel anxious.

### **Benefits**

- Lowers heart rate
- Lowers blood pressure
- Slows breath rate
- Brings the mind into stillness

### **& Breathe**

Begin by noticing your in-breath and out-breath. Just observe your breath and notice which parts of your body expands more as the breath comes in.

Imagine that your breath is an elevator and you are going travel down through your body. You are currently on the fourth floor (your mind) and you need to make your way to the ground floor (your belly)

Breathe in through your nose and start the elevator ride.

Breathe out slowly through the nose.

Breathe in again now and take your 'breath elevator' down to the third floor, down to your throat. Feel the breath around the throat area as you breathe in.

Breathe out slowly through the nose.

Let's travel now to the second floor which is based at your heart centre. Breathe in again now as we travel down to the next

floor. Breathe in slowly and feel your breath arrive at the second floor, around the heart area.

Breathe out slowly through the nose.

We are nearly there...let's travel together to the first floor which is all the way down near your belly button.

Breathe in slowly and feel the breath elevator travel down to the second floor and feel your breath go down all the way to the belly. When you breathe in your belly should rise.

Hold the breath there (pause for a moment). Now, breathe out. (Pause for a moment)

This time, breathe in and take your elevator down all the way to the ground floor that is deep into your hips and sitting bones.

Hold the breath there. (pause). Now breathe out all the air.  
Breathe in feel and imagine the breath travel all the way down to the basement, deep down into your toes. Hold the breath there. Now breathe out all your air. (Pause)  
Breathe in one last time bringing the breath elevator up from the basement to the ground floor at the belly. Breathing in feel the space between the basement and the belly.  
Breathe out through the nose slowly.  
Now you have reached the ground floor you can take a few more breaths here to help you feel calm and grounded.



*"Be present, be gentle, be kind"*