



SCHOOL BREATHE

breathwork for a calmer classroom

HOT CHOCOLATE BREATHE

This week we focus on extending the exhalation and boosting our imaginations at the same time. By elongating the out breath we trigger the parasympathetic nervous system which helps induce feelings of calm and relaxation.

Benefits

- Exercises the imagination
- Extending the exhalation triggers a relaxation response
- Brings the child into the present moment
- Cultivates a fun relationship with breath work
- Calms the mind

Breathe...

- Imagine you are holding a mug of the most delicious hot chocolate.
- The warmth of the mug brings heat to your hands.
- Bring the imaginary cup up to just under your nose
- Take a long inhale through the nose, imagine smelling all the delicious rich flavours of chocolate.

- Gently breathe out slowly through the lips, as you cool the hot chocolate down. Imagine you can see steam drifting away from the mug as you breathe out.

- Breathe in slowly as you allow the scent of the hot chocolate to enter the nostrils.

- Slowly breathe out through the lips, as you cool the hot chocolate down a little more.

- Repeat one more time

- Breathing in through the nose slowly
- Breathing out fully through the mouth

You can end the breath exercise here or if the children are slightly older and have a longer attention span you can add a Marshmallow breath hold:

MARSHMALLOW BREATH HOLD

Just before you take a sip...

You look at the huge Marshmallow on the top of the hot chocolate and you take it slowly and carefully with your fingertips – it feels light and fluffy. This marshmallow is HUGE. You open your mouth wide and pop the marshmallow into the mouth. Hold the breath. 1....2....3.... Imagine big marshmallow cheeks. Breathe out through the nose. Breathe in through the nose. Breathe out through the nose. Now chew your marshmallow well and swallow!



***"Logic will take you from A to B.
Imagination will take you everywhere"***
- Albert Einstein