



SCHOOL BREATHE
breathwork for a calmer classroom

OCTOPUS BREATHE

Children love the animal kingdom and their enthusiasm for learning cool facts never seems to wane. Of the 20,000 breaths we humans take per day, we should always breathe in through the nose and out through the nose (unless engaging in some short breath practices).

The Octopus loves (and only) breathes in and out of its siphon like mouth. This pumps water in and around the gills as it extracts oxygen from the water which then pumps it through its 3 hearts and around its entire body.

This breath technique is a great way to encourage children to connect with their breath and body using their 'tentacle' arms and hands.

BENEFITS

- Slows the breath down, creating a calm mind
- Develops and deepens breath awareness
- Brings the mind into the present moment
- Foundations of a healthy breath

& Breathe

This is great for bringing your awareness to the oceanic depths of your breath.

Taking 3 x breaths (1 breath = 1 x inhale plus 1 x exhale) to 4 different areas of the body will show you how your entire torso moves with each inhale and exhale.

Either practice standing or find a comfortable seat. Have your feet firmly planted on the floor. Spine tall with a sense of space between lower ribs and the top of the hips.

Pretend your arms are Octopus tentacles and place your hands (or the 'tips of your tentacles' just below your belly button to encourage a healthy belly breath.

Take a breath here (1 breath = 1 x inhale + 1 x exhale), deep into the belly...imagine (and feel) the belly rising like the ocean as you take the air deep into your lungs. If your imagination can run wild today, you can even imagine that the belly is the head or 'mantle' of an Octopus, bulbous, full and rising as you breathe in.

On the exhale, make an 'O' shape with the mouth, just like the siphon mouth of the Octopus and breathe out a long slow breath, listening to the sound of the breath as it leaves the body, you may notice that the out breath sounds similar to the sea.

Now take each hand to either side of the body, between the top of the hips and the bottom of the ribcage.

Take 3 deep breaths here and notice how the body expands outwards into your hands as you breathe in. Breathing in through the nose, out through the mouth with an "O" shape on. Slow the exhale down.

Next, take both hands behind you and place the palms of the hands to the lower back.

Close your eyes just for the next 3 breaths (same as before. Breathe in through the mouth. Longer exhale out of the "O" shaped mouth) and see if you can feel the back of the body moving and expanding into your hands as you breathe.

Now take one of the hands to just below the belly button. You should have one hand on the front of your body and one hand on your lower back. Breathe 3 more times here and feel both sides of your body moving while you are breathing.

Notice how you feel.

You have taken 12 deep conscious breaths and should be feeling like a calm ocean.

QUOTE OF THE WEEK



“You can’t fall if you don’t climb. But there’s no joy in living your whole life on the ground”. – Unknown