

## SCHOOL BREATHE

### Triangle Breath

This week you will be practicing Triangle Breath, which is the art of controlling the length of you inhale and exhale, along with an introduction to a short 'breath hold'. Using shapes to control the breath can help improve focus and concentration and makes breath work playful!

The print outs here can help aid the practice and you can use a use a count of 3, 4 or 5 for each side of the triangle (or square if you are printing these out), depending on the age of the class - older children can breathe in and out, and breath hold for longer as they have larger lungs, but it's wise not to venture higher than the count of 5. Practice for a few minutes and see how you feel. Make sure the jaw is relaxed. Breathe in through the nose. Breathe out through the nose or mouth. Try a few rounds in through and out through the nose and the last few rounds in through the nose, out through the mouth.

***Watch the video click here:***

<https://www.youtube.com/watch?v=EQK4u-DF1nY>

#### **Benefits:**

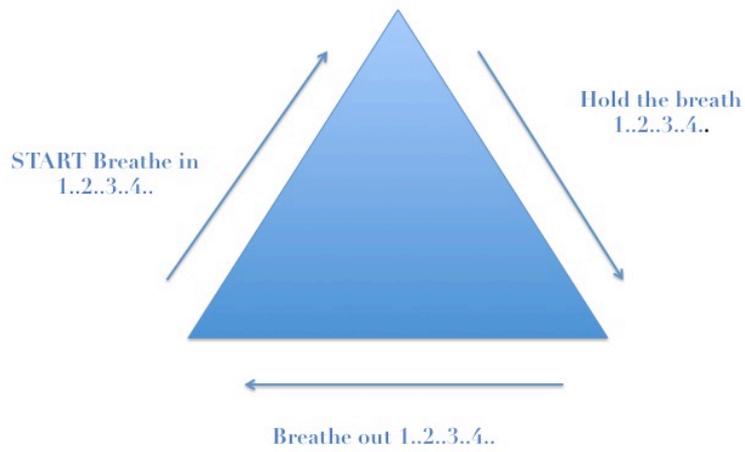
Controlled breathing has been shown to:

- Reduce stress
- Increase alertness
- boost your immune system.

#### **Top Tips:**

- Relax the face. Encourage the children to soften their jaw muscle. Create space between top and bottom teeth but keep the mouth closed.
- Habit Anchor – Would this be good to practice before a literacy or maths class? With the benefits seen to improve concentration and to get the children into a counting frame of mind, what other moments in the day could you use this practice?
- Where in the school could you teach this technique? With the good weather forecast this week, is there an opportunity for the children to practice outside, with the aid of the printed instructions? What other shapes could you use? For the younger children, could you cut out different shapes and learn while you breathe?
- Little & Often - Remember you can start with 2 mins and build on that over time, making it their new best habit. Maybe try this one standing too. Allow the children to move the body a little before practicing.

Please don't hesitate to contact us on [info@schoolbreathe.com](mailto:info@schoolbreathe.com) if you have any questions.



## QUOTE OF THE WEEK



*"It's so important for children to bloom and be driven by their curiosity"*  
*- May Britt Moser*