



WAKE UP BREATHE

Tips and Advice

A healthy breath should always see the belly rising on the inhalation. Some of us have an ‘upper chest’ breath pattern, whereby when we breathe in, the upper chest and shoulders are doing all the ‘breathing work’, and this area tends to rise on the inhalation more than the belly.

The following exercise brings the breath into the upper chest region, creating naturally more energy and feelings of lightness. Most people LOVE this exercise. However, if you have an ‘upper chest’ breath pattern, you may feel a little light headed whilst practicing this. **Please tell your pupils before practicing to stop at anytime they feel a little dizzy.**

Habit Anchors

Try this one first thing on a Monday morning, or soon after lunch when the energy of the class can naturally take a drop. If a child is showing signs of low energy or boredom, this is definitely a breath practice to help them to feel energized and return to a healthier learning state of mind.

Benefits

- Peps up your energy
- Boosts the circulation
- Detoxifies the body
- Rebalances the nervous system

Please note: If you, or a pupil are an ‘Upper Chest Breather’ you / they may feel a little light-headed during this exercises. Please stop at anytime you feel dizzy.

- Breathe in and out through an open mouth.
- Take the arms above the head. Stretch the hands and fingers wide
- Open the mouth wide. Draw a full breath into the body, filling belly, ribs and upper chest, stretching the arms up as you inhale.
- As you exhale through the mouth, pull the elbows down so they make contact with the side of the ribcage, simultaneously making the hands into fists. The exhale should be audible and executed with a little force. With a ‘HA’ sound. Allow the elbows to bounce off the ribs.
- Inhale through the mouth, stretch the arms up overhead again, spreading the hands and fingers wide.
- Exhale a short, slightly forced ‘HA’ through the mouth, as you pull the arms down into the sides of the ribcage with a little “oomph” while clenching the hands into fists.
- Take a deep open-mouthed inhale as the arms and hands shoot up above the head again. Your belly should rise on the inhalation.
- The effort and emphasis should always be on the exhalation. Allow the inhale to arrive naturally after the exhale.
- Repeat for 3–5 rounds until you feel that you have had a double macchiato.
- You can start off slowly until you have practiced enough to confidently marry the inhale and exhale with each movement, then you can pick up speed.

- You should feel buzzy and energized.

*“In all this world there
is nothing so beautiful
as a happy child”*

frank baum

www.schoolbreathe.com

