

Week 11: Bubble Breathe

This week you will be taking your awareness to the exhalation. By creating a longer exhalation, and breathing out through the mouth, we can help the body feel calm and relaxed. By using your imaginations while practising breath techniques, you can also bring your mind into the present moment and it makes it a lot more fun – maybe you can try with real bubbles too!

Benefits

- Calms the mind.
- Invites a full exhale which in turn creates a deeper inhale.
- Deepens breath awareness.

Tweak the Technique

Tuesday: Instead of bubbles, can you imagine blowing the white fluffy parts of a dandelion? As you breathe in, can you count to 3 or 4 in your mind and then as you exhale, pretending to blow the stems from the dandelion as you count for 1..2..3..4 O'clock?

Wednesday: How about today we pretend to blow out candles? Is is someone's birthday in your class soon? How old will they be? Can you inhale through the nose slowly and as you exhale blow out all the candles. If your friend is 6 or 7 years old can you exhale 1 count for every year? So if your friend if 7, breathing out for a count of 7? You can count a little quicker if 7 is a struggle to breathe out for. Breathwork should always feel easy.

Thursday: Did you know when a blue whale exhales, it can shoot water out of it's spout up to 40 feet high?! Let's use our imaginations today as we pretend to exhale like a whale. Breathe in through the nose slowly and exhale through the mouth, with a little gusto, much like a whale!

Friday: Did you know you breathe in cool air and the body heats it up and the air your breathe out is always warmer? Let's try this now. Cup your hands very loosely over the mouth, as if you are about to warm your hands. Breathing in through the nose slowly and (notice how cool the air is) and as you breathe out with a 'whoooooohhhh' sound you can feel the air warm on your hands. Try this a few times, slowing the exhale or out breath, and notice how you feel. you should be feeling warm in the hands and calm (and cooler) in the mind!

"If you are feeling troubled, remember to breathe out bubbles!"

– School Breathe Team