

# Week 13: Rainbow & River Breathe

We hope you enjoy the first of our animation series which can help the children deepen their breath and encourage them to use technology in healthy ways. These are short 3 minute animations and has been very popular thus far.

River Breathe introduces a short breath hold to the younger children (it is paced at 4 seconds on the inhale and exhale).

Rainbow Breathe encourages the breath to deepen and lengthen with each arc. Younger children with smaller lungs may only reach the red arc. Older children (7 plus) should be able to complete the blue and those 8 years plus (and teachers) should be able to reach the green. Make sure they are aware that is not a competitive activity and each breath should be easy.

## Benefits

- Each rainbow arc encourages a fuller, longer breath
- Encourages children to slow down their breath rate
- Encourages children to have use technology in healthy positive ways

## Tweak the Technique

**Tuesday: Which rainbow arc colour can the children get to today? Ask them notice which colour of the rainbow is really easy to follow and which colour is the most difficult. Smaller (younger lungs) may only be able to complete the first arc or two. It's important for the children to understand that it is not a competition to 'breathe' fully to the last arc. This rainbow animation has been made for teachers too.**

**Wednesday: Can the children draw their own rainbow as they breathe today? Can they draw slowly to help them slow their breath down?**

**Thursday: Can the children breathe to the animation a couple of times and then close their eyes and imagine the rainbow as they breathe? This way the children can learn to practice on their own, at anytime, using their imaginations.**

**Friday: Ask the children to sit tall today and have the tip of the tongue on the roof of their mouth (this is good for improving posture and opening up the airways) while watching and breathing to the breath animations.**

***"The way I see it, if you want the rainbow, you gotta put up with the rain".  
— Dolly Parton.***