

Week 14: Beauty Breathe

This 'breathing game' is inspired by breathwork and looking for the positives. Once learned, this is a great practice to take into the wider world, transforming any mundane moment into a brighter experience, such as queueing, being put on hold, waiting for the arrival of someone or something. When you transform the mundane into a mindful moment, there's always some form of beauty nearby.

Benefits

- Brings the mind to the present moment and relaxes the nervous system
- Cultivates positivity and feelings of gratitude
- Diverts negative thinking
- Can be practiced anytime, anywhere.

Tweak the Technique

Tuesday: Can you think of the most beautiful place you have ever seen? Or maybe you have seen a photo of a really beautiful place. Can you imagine being there now? Close your eyes if this is comfortable. Now take 10 deep breaths imagining yourself in this most beautiful place. What can you see? What can you hear? If the children have closed their eyes, notice how many of them are smiling.

Wednesday: Can you think of a really beautiful animal? In your eyes, what is the most beautiful animal in the world? Can you close your eyes and imagine this animal now? Take 10 slow breaths here and imagine this animal moving through its natural habitat.

Thursday: Can you take 10 deep breaths now with one hand on your belly and one hand on your heart say to yourself "I am beautiful" with each breath. It is so important for our health and wellbeing to tell ourselves good things about ourselves. n.b If the older children don't take to this, ask them to think of one positive attribute and mentally repeat this to themselves with each breath or choose from "I am kind", "I am a good friend", "I am a good listener", "I am full of empathy".

Friday: If the teacher can share one time they have used this breath technique over the week with the class this will encourage the children to practice on their own. Today, simply ask the children when they feel they maybe able to use this breath technique during the weekend. Ask the children to practice the Beauty Breathing Game one or two times when they are in a queue, maybe bored or feeling blue. Ask them to share their experience next week. For today's practice, simply ask the children (close their eyes if this is comfortable) to place both hands on their lower belly, smile and count 10 deep breaths. Encourage them to slow the breath down.

“It’s almost always possible to be honest and positive.”
Naval Ravikant