

Week 27: Gorilla Chiller

Breathe

This breath exercise will help the children feel calmer and more confident. A great one to practice straight at the beginning of the day to gain their attention and to bring a little joy into the classroom. This will help children release any excess energy. Once you have watched the video, you can make the breath exercise just 1 minute with 3 rounds of breath. This will be enough to reap all the benefits. Encourage the children to practice outside where the sound can travel and they can make a little more noise.

Benefits

- Brings you into the present moment
- Opens and clears vocal cords
- Extension of the exhalation helps induce feelings of calm
- Great for releasing excess energy

Tweak the Technique

Tuesday: Can children make an 'OOOO' sounds today? Where does the 'OOOO' sound move in their body? Is it only felt in their throats or in their bellies too?

Wednesday: Can the children feel the "AHHHH" sounds today somewhere else in their body? Is it higher up than the "OOOO" sounds? They may notice the "OOO" is lower down in the belly and the "AHHH" higher up in the throat.

Thursday: Can the children close their eyes today and practice the breath exercise with their eyes closed? what do they notice?

Friday: Can the children move like an ape today? (maybe save for the playground if room is limited) Getting the body moving is great for the lymphatic system, which helps to boost immunity. Can they sound out "AHHHH" until their breath runs out? The end of the sound will be the end of the exhale. Repeat for a few more rounds today. Let everything out!