

Week 7: Take 5 Breath

This is one of our top 10 breath exercises. It's simple, effective and engaging and you can practice any time of day. Mia is one of our many Breath Stars – she is a pupil who loves breathwork, and although she is not a trained breath coach, this breath exercise is so simple, we asked her to demonstrate just how easy it is to practise.

Using the movement of your fingertip to trace around your hand and to guide the pace of the breath, use each inhale and exhale to balance the breath and calm the mind. Good to do before and during exams if nerves bubble to the surface.

Remember breathing in and breathing out through the NOSE!

Benefits

- Brings about body, mind and breath awareness
- Slows the thought process
- Brings you into the present moment
- Calms the nervous system

Tweak the Technique

Tuesday: For younger children (and older if willing) can you ask them to practice this technique while tracing around (with pencil to paper) their hand – with their hand placed on a piece of paper, drawing around their hand as they breathe. Try tracing (and breathing!) with left then right hands.

Wednesday: Can you add a count to the breath exercise? Counting in for three or four as you breathe in and as you breathe out. Make a conscious effort today to slow the breath down. Counting while breathing has proven benefits including calming the mind and lowering blood pressure.

Thursday: Can you practice with closed eyes today? Start the practice by leading with your non dominant hand (i.e if you write with your right hand, make the right hand your static hand first and then vice versa). If closing the eyes is not comfortable, why not add a breath hold at the tip of each finger. So breathe in as the index finger slides to the top of the finger/thumb and hold the breath for a count of 2 then breathe out as the finger slides down to the base of the finger (or thumb).

Friday: Yehahhh it's Friday! Hands in the air! Can you practice this technique with both arms stretched overhead? With the hands raised the children will have to rely on touch and breath only to guide the breath. This should create a slower breath rate for the children, whilst pepping up their energy. This should give you an energy boost as raising the arms up brings the breath into the upper chest.

Can you think of another name for this exercise? We have heard: “Roller Coaster Breath, Star Breath, Star Fish Breath...do share anymore that may spring to mind? Make up your own so you can enjoy the practice even more!