

SUITABLE FOR AGES 2-8

LAZY 8 breathing

Encourage your class to try the Lazy 8 Breathing exercise next time they get grumpy at their friends, siblings, homework or just at the world!

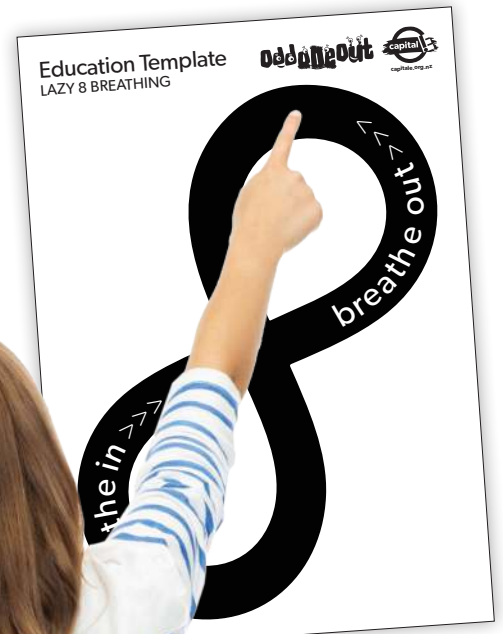
INSTRUCTIONS

Sometimes when we get angry or upset about something our breathing goes all funny.

Sometimes your breathing might start to get really fast, and sometimes it might feel like you can't breathe at all!

This figure 8 helps you breathe in and out in a slow controlled way. Print out copies of this diagram and distribute around the class. Ask the children to trace the shape of the 8 with their finger or pen as they breathe in and breathe out. If they do this and keep their fingers moving at a steady, slow pace they will slow down their heart rate, calm their nerves and help them feel more in control of your body and mind. Each time your finger or pen hits the words follow its instruction.

Laminate some copies of the figure and place them around the classroom to remind the students to breathe in and breathe out.



Education Template

LAZY 8 BREATHING

