

Breathing Techniques



Rainbow Breathing

1. Stand up tall and hang your arms by your sides.
2. Take a deep breath in and slowly raise your arms up to your ears. Reach high and turn your palms to face each other.
3. Breathe out and float your hands back down to your sides. Imagine you are drawing a rainbow above you.
4. Repeat 3 times. Some children might want to draw an even bigger rainbow by starting with their hands by their knees.

TOP TIP: Before doing the activity, practice imagining the rainbow and colours so that the children can visualise the rainbow in between their arms.

High-five breathing

1. Hold your hand out in front of you with your palm facing towards you.
2. Point your finger on the other hand at the outside edge of your thumb.
3. Breathe in and trace your finger up to the top of your thumb.
4. Pause briefly at the top and hold your breath.
5. Breathe out as you move your finger down the other side of your thumb.
6. Continue to do this with all the other fingers, remembering to breathe as you go.

Lift breathing

1. Sit up nice and tall like a building.
2. Put your hands flat in front of you, one on top of the other (the one below is the ground floor and the other is the lift that will go up and down).
3. Breathe in and raise the top hand up towards your head. Keep moving your hand up until you finish breathing in.
4. When you breathe out, bring the lift down again by moving your hand back down again.

Power on and power off breathing

1. Lie down on the floor with your legs together and arms by your side. Close your eyes.
2. Breathe in and turn the power on in your face by tightening up all the muscles in your face.
3. Breathe out and turn the power off by relaxing your face.
4. Move down to your hands. When you breathe in, scrunch up your fists into a ball. Breathe out and release them.
5. Breathe in and clench your feet and curl your toes. Release them when you breathe out.
6. You could try tensing all of your muscles at once by curling up into a tight ball.
7. When you have tensed your muscles take a minute to relax and breathe.