

Balloon Breath/Complete Breath

Place hands on lower belly. Inhale, breathe all the way down into the belly. Your belly expands into your hands like a balloon. When you exhale, feel your abdomen getting smaller or deflating like a balloon. Each time you breathe in, fill up your whole torso so that your ribs and chest expand, and then breathe out slowly, letting all the air out. Take a moment to notice how you feel.



When to do: This is the main breathing technique to calm the mind and turn inward. This is a good breath to do ANY time: start of day, transitions, testing, and/or end of day to bring attention to self.

YogaEd Tools for Teachers Manual Grades K-8, 2007, p. 18

Snake Breath

Sit up tall. Take a deep breath in, filling up your whole body. Pause and breathe out slowly and smoothly, making a hissing sound for as long as you can. Repeat for three to five rounds, feeling yourself slow down and become calmer each time. Take a moment to notice how you feel.



When to do: To help children slow down, focus, let go of tensions and return to a state of calm.

SLOW AND CALM

YogaEd Tools for Teachers Manual Grades K-8, 2007, p. 19.

Bear Breath

Through the nose, breathe in for a count of five, then hold in for a count of three. Breathe out for a count of five, then hold out for a count of three. Repeat for five to seven rounds.

Take a moment to notice how you feel.



This breath should be done as slowly and smoothly as possible. It is calming, nurturing and cleansing. Invite students to activate the power of their breath by choosing what they are breathing in such as light, energy, love, strength or a color.

When to do: During transitions to help bring back focus.

REST AND BALANCE

YogaEd Tools for Teachers Manual Grades K-8, 2007, p. 30.

Humming Breath

Sit up tall. Close your eyes. Take a big breath in and sigh it all the way out. Breathe in and out one more time to let go of anything you no longer desire or wish to carry around. Imaging being a bee. Breathe deeply into your belly, and then exhale, hum. Let your face and lips be soft and feel the vibration in your face. You can even cover your ears and listen to yourself. Continue at our own pace for several breaths. Take a moment to notice how you feel.



When to do: During transitions to soothe, integrate and focus.

RELAX AND SOOTHE

YogaEd Tools for Teachers Manual Grades K-8, 2007, p. 31.

Bunny Breath

Bunnies are very alert . Keep yourself awake and alert with this cleansing breath. Sit on your shins with your back straight, shoulders wide and chest lifted. Keeping your chin down, take three big sniffs, one right after the other. Then exhale in a long release, as though you are sighing out through your nostrils. Repeat for five to seven rounds. When you've finished , you should feel clear, relaxed and alert.

Take a moment to notice how you feel.

When to do: Helps to unwind when children are tense and need a release.



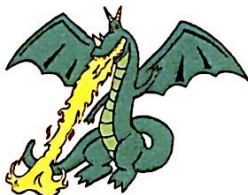
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CLEANSE AND CLEAR

Dragon Breath

This breathing technique releases anger, frustration, or excess energy on the exhalation with a big puff of air like a dragon breathing fire. Take a deep breath in through the nose and let the air out with a big puff, whooooo. Have them imagine their anger, frustration, or excess energy being forced out of their bodies with each exhale.

When to do: To help children release strong emotion or excess energy.



LET GO AND RELEASE

Creating the Peaceable Classroom by Sandy Bothmer, p. 102.

Elephant Breath

Elephants can shower themselves with their own trunks. Choose something to shower yourself with—sparkles, love, laughter, strength. Stand with your feet wide apart. Link your hands and dangle your arms in front of you like an elephant trunk. Inhale through your nose as you raise your arms high above your head and lean back. Exhale through your mouth as you swing your arms down through your legs. Repeat for three rounds. On the next round, stay up, arch back and shower yourself!

When to do: To wake up and revitalize when they are tired, giving them renewed energy to continue working.



WAKE UP AND ENERGIZE

YogaEd Tools for Teachers Manual Grades K-8, 2007, p. 46.

Fire Breath

Have students place hands on their bellies so that they feel it go in and out as they take a series of six short, quick breaths, in and out of their noses. Rest for ten seconds then repeat the series two more times with ten second rests in between. Take a moment to notice how you feel.

When to do: To wake up and revitalize when they are tired, giving them renewed energy to continue working.



WAKE UP AND REVITALIZE

Creating the Peaceable Classroom by Sandy Bothmer, p. 101.