

# Breathing with Squeezy

To help learners understand the power of breathing to control the body and mind.

## Ages

11-18 Years Old

## Duration

30 Minutes

## What You Need

Calming music / sounds playing.

<https://www.calm.com/>

### Learning Objectives:

- All learners can identify the calming effect of breathing in reducing the impacts of stress and anxiety.
- Most learners try to explain how can understand the power of breathing to control the body and mind.
- Some learners think about benefits of breathing techniques on your body.

### Introduction:

This exercise will provide learners with the tools and techniques to manage and maintain a healthy mind. Educating them on the definition of mental health and the connection the mind has to the body.

Learners will be able to:

- Identify what happens to your body when stressed or anxious (physically and emotionally).
- Practice deep breathing techniques (using yoga poses).
- Recognize how and when deep breathing can be used to calm the body and mind.

### Activity:

As a class, learners brainstorm the following:

- What is stress?
- How does it affect us?
- What happens to our body when stressed?
- What sorts of things cause us stress?

Focus on and identify the physical and emotional signs of stress (e.g. short breaths, increased body temperature, tense, negative thoughts, worry). Learners can write this down and then offer their answers.

Now suggest what can create calm for our bodies? Then ask what we ALL can do anywhere at any time (e.g. deep breathing).

**Technique:** Model "stressed breathing" (short, rapid, hard breaths) then model "calm breathing" or belly breathing (long inhale, pause, long exhale).

Practice deep breathing for five minutes whilst calming music plays in the background. Pull down the blinds to create a calming mood.

### Reflection:

How did you feel while practicing these breathing techniques? Why do you think deep breaths help us calm? (slows blood flow, slows heart rate, slows brain synapses, allows us to focus on one thing)

