

Move2Learn SEAL Lessons: Moving to Feel & Learn Your BEST!



Lesson #2: Deep Breathing

Elementary Version

LET'S REVIEW!

Last time we learned how the mind & body are connected!



Turn & Talk:

Name a feeling you sometimes have at school.

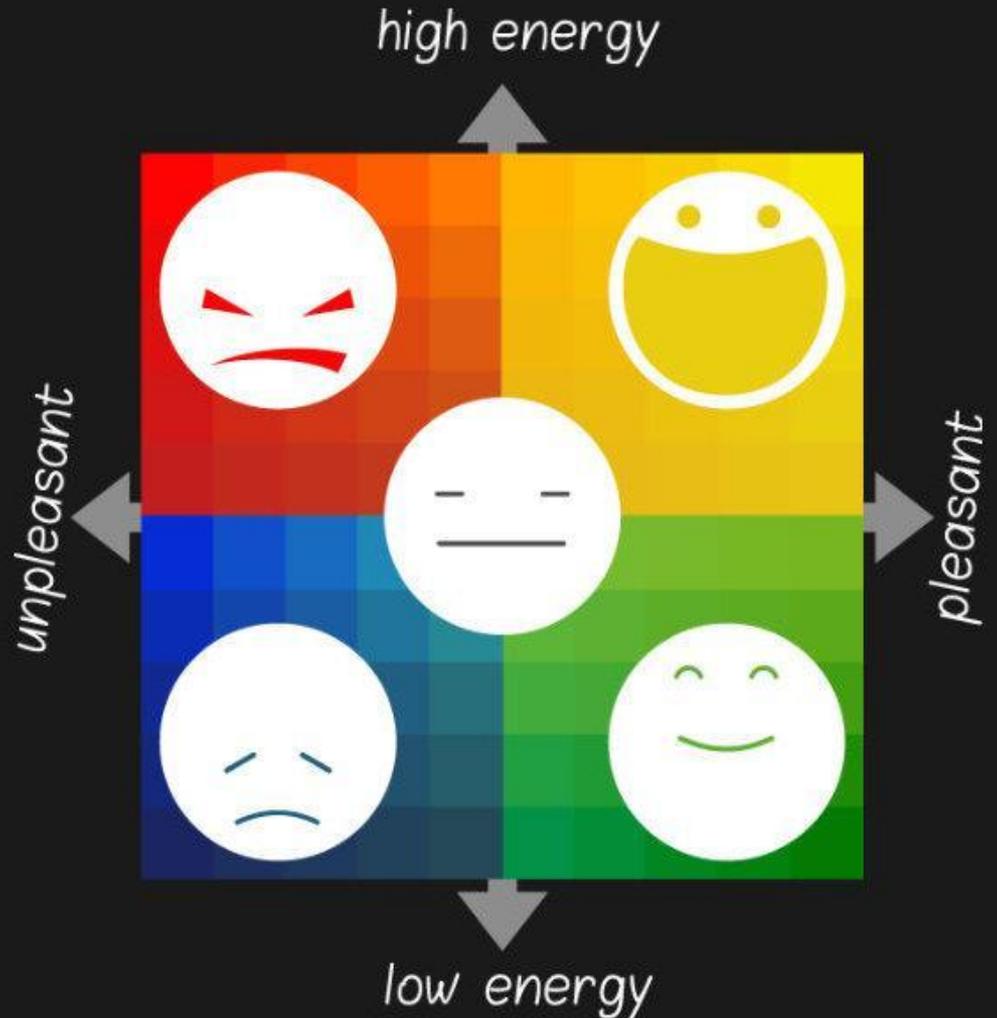
What does that feeling **LOOK** like in your body?

Example: When I am nervous, I get a belly ache.

How do you FEEL right now?

“I feel _____,
because _____.”

You don't need to share.



Spotlight on **Vocabulary**

Intentional

When something is done with “intent” it is done on purpose.

You thought about it, and you took action.

Today we will discuss taking deep breaths with “intention.”



Deep Breathing

Deep breathing or intentional breathing is the practice of taking slow, deep breaths as a method of relaxation.



How does deep breathing work?

It's science!

When you breathe deeply, you are helping oxygen travel to every part of your body!

This helps your body work better!



Why Deep Breathing?

- It lowers stress and anxiety
- It's calming
- Slows your heart rate
- It can be done nearly anytime you are feeling stressed, anxious or overwhelmed
- You can do it anywhere - at your desk, on the bus, in the bathroom, etc.
- It doesn't require permission or extra space.



When should I practice deep breathing?

When I am Frustrated



When I am anxious

To feel more in control

When I am Sad

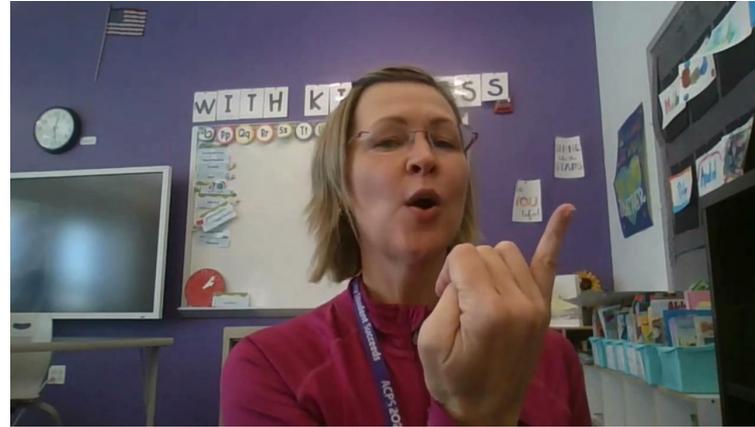
When I Need to Slow Down

When I am stressed

ANYTIME!

Blow out the Birthday Candles

1. Stick your hand out and use slow deep breaths to blow out the birthday candles.
2. Lower one finger down at a time while you exhale. Repeat several times.



Hot Chocolate Breathing

1. Start by pretending to grab a large mug of hot chocolate.
2. Hold your cup in front of you and take a deep breath in through your nose to smell its “deliciousness”.
3. Really get that smell down deep in your belly.
4. Now, the hot chocolate is too hot to drink, so blow out that big breath to cool the hot chocolate off!
5. Repeat 3-5 times.



Belly Breaths

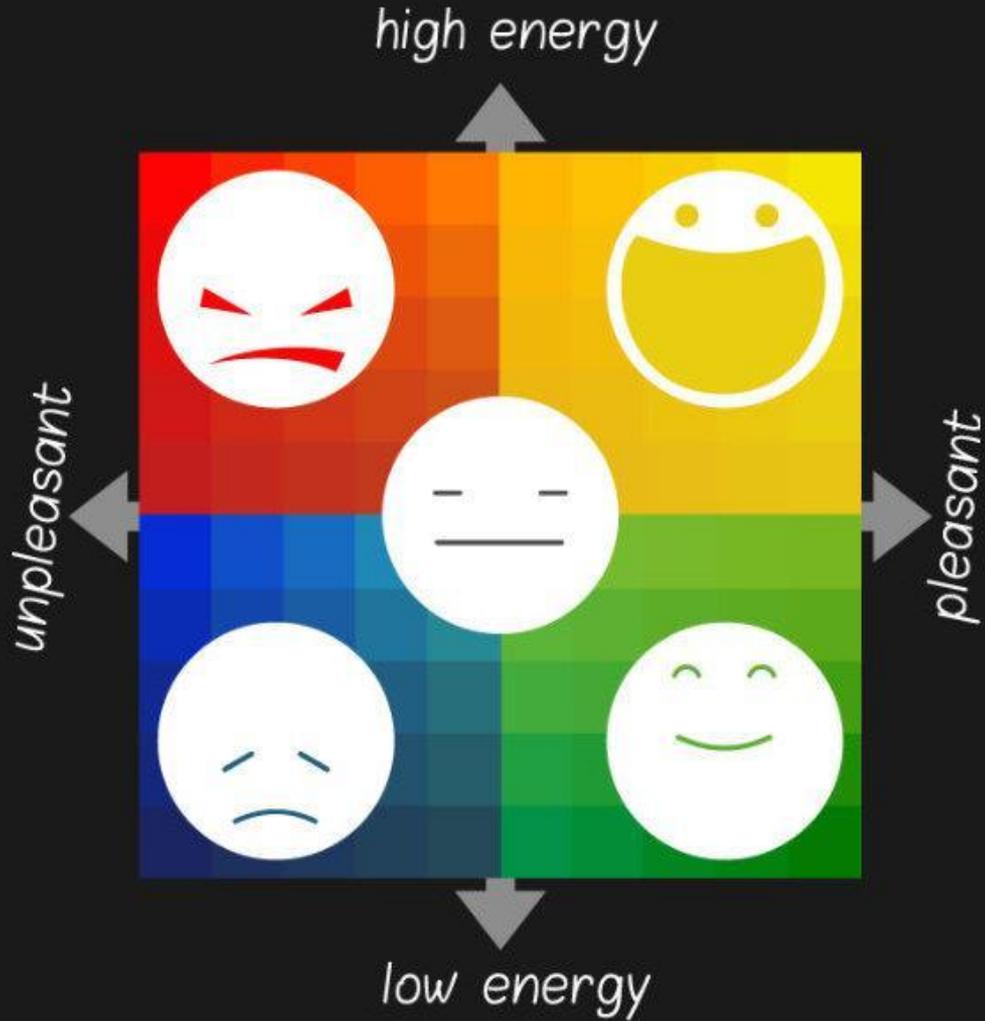
1. Start by placing two hands on your belly.
2. Take a deep breath in through your nose so your hands are moving out.
3. slowly exhale through your mouth.
4. Repeat three-five times.



How do you FEEL after moving your body?

“I feel _____,
because _____.”

You don't need to share.



Make a Connection!

Which deep breathing technique is your favorite? Why?

Use a deep breathing technique before we meet again tomorrow.

If you feel comfortable, you can share what you were feeling and how, why, where you practiced your deep breaths!

