



# SQUARE BREATHING

## *Purpose & Focus*

Square breathing is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever.

This technique can be beneficial to anyone, especially those who want to meditate or reduce stress. It's used by everyone from athletes to U.S. Navy SEALs, police officers, and nurses.

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes (or less)

## *Activity Level*

Low

## *Materials*

No materials required

## *Method*

- Hold your pointer finger out in front of you and trace a square shape as you breathe. If there is a square shaped decoration or structure in the room you can have the youth trace it with their finger.
- Breathe in as you trace up the left side of the square.
- Hold your breath as you trace the top of the square.
- Breathe out as you trace down the right side of the square.
- Hold your breath as you trace the bottom of the square.

*Continue for 3 to 4 cycles.*