



# SUMO BREATHING

## *Purpose & Focus*

Breathing while bending forward can reduce shortness of breath when experiencing big emotions. Bending forward helps your diaphragm move more easily.

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes (or less)

## *Activity Level*

Low

## *Materials*

No materials required

## *Method*

- Place your feet shoulder width apart.
- Take a deep breath in and fill your lungs until they feel fuller than a sumo wrestler's lunchbox. Breathe out semi forcefully as you bend forward, bending your knees slightly, and place your hands on your knees.
- Take a tiny breath in and then breathe out forcefully again to completely empty your lungs.
- Hold for a couple seconds. Stand up and let your lungs fill with air.

*Repeat at least 3 times.*