



TREE BREATHING

Purpose & Focus

This breathing technique can be used to reduce stress, anxiety, fear and emotional reactions.

Participants

Any number of participants.

Time Allotment

5 Minutes (or less)

Activity Level

Low

Materials

No materials required

Method

- Bend down into a baseball catcher like position, hugging your knees.
- Imagine you are a tree sapling. As you take a deep breath in slowly stand up until you are fully vertical and reaching for the sky with your hands like a full grown maple tree.
- Sway back and forth like a tree blowing in the wind for 3-5 seconds.
- Breathe out as you crouch back down into the sapling position.
- Hold 3-5 seconds.

Repeat at least 3 times.