



BREATHING BUDDIES

Purpose & Focus

Helps participants build self-regulating and focus skills

Participants

Any number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

A small, light-weight object such as a soft toy, a small bean bag or a wooden block

Method

- Have participants lay flat on their back and place the object on top of their belly button. Have the participants look down towards the object.
- Instruct participants to take three slow, deep breaths in and out.
- Slowly count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out. Pause slightly at the end of each exhale.

Continue for 3 to 5 minutes.

Discussion

- Can you feel the weight of your object on your belly?
- Can you see your object moving?
- What is moving your object? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Can you hear your breath?