



May 2020 Social Emotional Virtual Learning

ECSE/Program

Easy Breathing

Learning Target:

Students will learn about breathing with ease.

Look at this sleepy panda.

Sleepy panda is so relaxed!

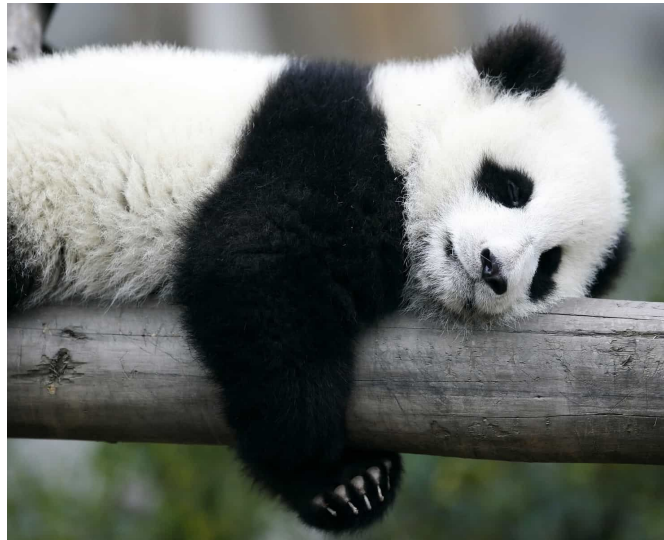
Make your body look like sleepy panda:

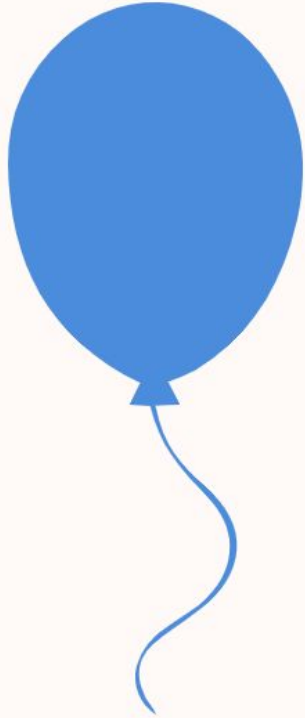
- Tighten your hands into fists and then relax
- Let your arms hang down
- Relax your shoulders



Sleepy pandas takes deep belly breaths.

Let's practice! It helps to imagine a balloon while you breathe.



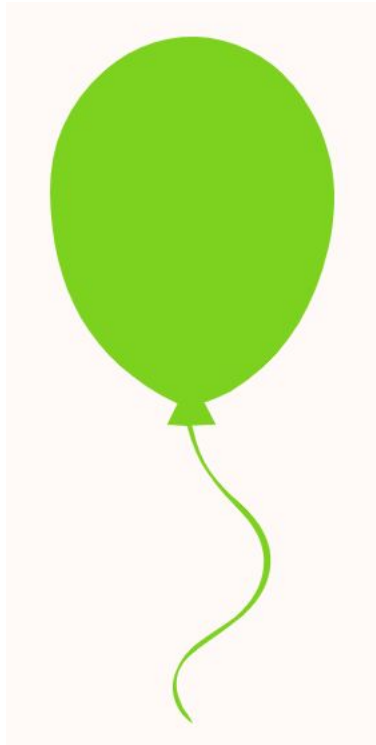


Sit or lay down. How do you feel?

Breathe in.

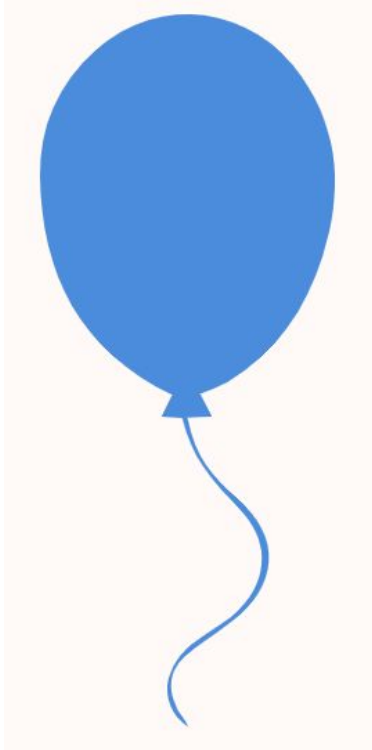
Fill your chest and then your belly.

Feel your belly get big like a balloon full of air.



Count to 3.

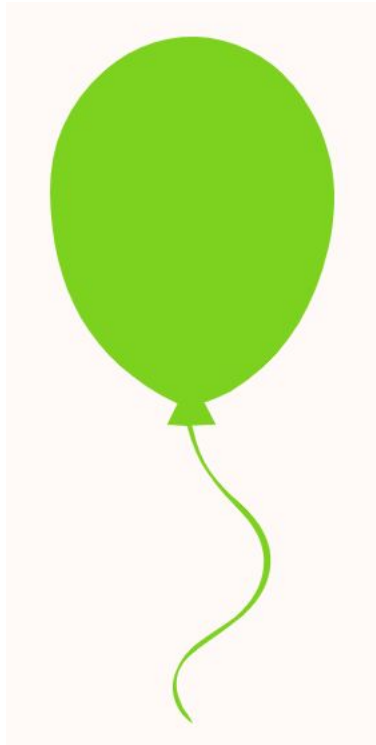
Then blow the air out slowly. Pretend to blow through a straw.



Breathe in.

Fill your chest and then your belly.

Feel your belly get big like a balloon full of air.



Count to 3.

Then blow the air out slowly. Pretend to blow through a straw.



Breathe in and out like this until you feel calm.

Does your body feel different?

Pick a time every day that you will practice belly breathing.

You can use belly breathing
any time you want to feel calm
and relaxed!

