



Counseling Virtual Learning

**2nd Grade Calm Down  
Strategy: Belly Breathing**

April 7th, 2020



## 2nd Grade Counseling Lesson: April 7, 2020

### **Learning Target:**

Student will identify belly breathing as a strategy to calm down.

Students will be able to model effective belly breathing.

## Background:

- Students learn about belly breathing in monthly counselor lessons
- Students practice taking slow breaths to help them feel calm on a regular basis during school

## Let's Get Started:

Watch Videos:

1. [Belly Breathing | Esme & Roy Videos | PBS KIDS](#)
2. [Belly Breathe | Sesame Street Videos | PBS KIDS](#)



## Practice #1: What is Belly Breathing?

Belly Breathing is simply taking deep breaths. Taking deep belly breaths reduces are heart rate and helps us calm down.

Let's Try:

1. Sit comfortably with your back straight in a chair or on the ground.
2. Place your hand on your belly (Hint: You should feel your belly go up and down as you breath)
3. Inhale slowly through your nose filling your lungs and belly.
4. Exhale slowly through your mouth. (Practice 3 times)



## Practice #2: Volcano Belly Breathing

Another great way to practice belly breathing, especially when you're angry is Volcano Belly Breathing.

Let's Try:

1. Again, sit comfortably with your back straight in a chair or on the ground.
  2. Picture a volcano getting hotter and hotter, ready to exploded. But you can blow the volcano out with your deep exhaling breath....ready?
  3. Inhale slowly through your nose filling your lungs and belly.
  4. Exhale slowly through your mouth blowing out the volcano.
- (Practice 3 times)



## Practice #2: Beanie Baby Belly Breathing

If you are having a tough time focusing on belly breathing try using a Beanie Baby or a small, stuffed animal.

Let's Try:

1. Lay on your back.
2. Place the Beanie Baby or stuffed animal on your belly (Hint the Beanie Baby should move up and down if you are taking deep belly breaths).
3. Inhale slowly through your nose filling your lungs and belly.
4. Exhale slowly through your mouth. (Practice 3 times)

# Practice on your own with Balloon Belly Breaths:

Go to this website:

[Two minutes Mindfulness: Balloon Breaths/Belly Breaths - Breathing exercise for Children](#)

1. Listen to the video and follow along with the directions.
2. How do feel after the video? Calm? More focused?



## MORE Practice on your own:

Go to this website: [Hot cocoa breathing](#)

1. Listen to the video and follow along with the directions.
2. How do feel after the video? Calm?  
More focused? Thirsty?





## Self Check:

Go tell someone in your home your answers.



1. Explain belly breathing to a family member.
2. Model belly breathing to a family member and have try a belly breathing activity with you.