



Teaching Belly Breathing to My Family

EARLY LEARNING ACTIVITY

Activity Overview

In this activity, children will practice deep belly breathing as a way to be calm when experiencing big feelings and prepare to teach belly breathing to their families.

Key **Bold**—Teacher's script
Italics—Anticipated student responses

Objective

By the end of this lesson, children will be able to verbally explain belly breathing.

Skill Practice

1. We strengthen our human skills when we practice listening, noticing our feelings, being kind, and solving problems. Today we're going to practice belly breathing, and then we're going to teach our families about it.
2. **Belly breathing helps us feel better when we're having a big feeling. Let's practice it.**
Demonstrate belly breathing for your class. **Breathe in slowly through your nose and then slowly out through your mouth. Your hands are on your belly. You should feel your belly move out when you breathe in through your nose.**
3. Have children practice belly breathing.

Activity

1. Today, you're going to teach someone in your family how to belly breathe, like I just taught you. **Who's a family member you're going to see today?** Call on children to answer.
2. **When you see your family member, teach them how to belly breathe.** Have children practice belly breathing with you again. **Remember:**
 - **Breathe in slowly through your nose and then out through your mouth**
 - **Put your hands on your belly**
 - **Feel your belly move out when you breathe in through your nose**
3. Have children practice showing each other how to belly breathe.
4. **When you teach someone to belly breathe, you're helping them feel better when they have big feelings, and that's a very kind thing to do.**