

Theme 2: Ready To Relax

Lesson 7 – Breath Energy

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Learning how to use their BREATH to calm them down and regulate.
- Using Breath to help wake you up when you feel tired or sluggish.
- Learning how breath can stimulate energy and uplift moods.
- Learn to find focus and find stillness in chaos.
- Learning how to take control of the diaphragm and actively engage the digest and rest response in the body.
- Increase oxygen throughout the body.
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Resources

Activity - **Breath energy Sequence**

- Colour breathing
- Belly breathing
- Counting breath
- Flower & Windmill Rollercoaster/Finger breath.

Video - Breath Sequence

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Lesson Plan

Educator Question. Q. Energy check in - Where is your energy today?

Q. What colour is your energy today?

Q. Did your energy Change Colour? Tell us what made it change colour.

Q. How do we move stuck Energy in our bodies?

The **Breath Energy sequence** will be used throughout the programme as a key part of **RELAX**.

Introduce the lesson and **Play Video 7** - Breath Energy.

Exercise 1: Move sequence **(2 minutes)** Before we do our breathing activities, we want a shake, stretch or speak activity to move out stuck energy from our bodies. Go through the **Move sequence**.

Exercise 2: Breath Energy Sequence **(10 mins)**

Ask the children to sit comfortably at their seats and tell them they will be trying the Breath Energy sequence. Go through each breath activity (minimum 60 seconds for each)

Activity: Colour Breathing (go through full cycle once)

Activity: Belly Breathing

Activity: Counting Breath

Q. Do you have a favourite breathing activity to RELAX?

Q. When might you use breathing to RELAX?

Ask the children to get comfortable....

Exercise 2: Rainbow Energy Poem with a focus on Belly breath **(2 minutes)**

Ask the children to get comfortable, place their hands on the belly to connect with their breath and their body (belly). Ask them to start taking Belly Breaths as you read or listen to the poem.

NOTE: Have you had an **'Energy Check In'** today?

End of Lesson – Move to Next Lesson