

Peace Camp

Peaceful Breathing



Goal(s): Identify and practice effective abdominal breathing technique for stress reduction.

Objective: Teach participants (Kids and Adults) how to breathe effectively to create a state of calm.

Purpose: Breathing is a fundamental task of living. If we don't breathe, we expire. If we don't breathe properly, we cannot perform effectively in daily life.
(What standards, if any, are addressed in this lesson?)

Time: 10 minutes to learn/practice. 15 minutes for group feedback

Group size: Any size. Activity focused on individuals.

**Materials/
Resources:** Sound instrument (bell, chime)

- Procedure:**
1. Following conclusion of a class activity, participants to sit cross-legged in a circle.
 2. Explain importance of abdominal breathing for calm and stress reduction.
 3. Share or post quotation:
"If you want to conquer anxiety of life, live in moment, live in the breath." - Amit Ray
 4. Model inhalation/exhalation cycle synchronized to sound instrument.
 - Place tongue on the roof of the mouth
 - Inhale through NOSE like "smelling a flower".
 - Exhale through MOUTH like "blowing out birthday candles".
 5. For a small group allow each member to lead activity.
 6. Encourage individual participation by saying:
 - "Show me how we breath in and out."
 - "Show me how we ring the bells."

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- Processing Questions:
1. How did you feel during this activity?
 2. What thoughts did you have during the activity?
 3. Did you feel calm during and after activity? Explain.
 4. How can you apply this breathing process in your daily life?

Sources:

Calming Breathing Exercises for Kids

<http://www.pbs.org/parents/adventures-in-learning/2015/09/calming-breathing-exercise-for-kids/>

Experiment on Breathing Mechanism

<https://www.tutorvista.com/content/biology/biology-iv/respiration-animals/breathing-mechanism.php>

How to Breathe like a Jedi

<https://scottjeffrey.com/how-to-breathe-properly/>

Teaching Child Calm Breathing

<https://www.anxietybc.com/parenting/how-teach-your-child-calm-breathing>

Here are four elements that illustrate how to breathe properly:

1. Breathe deeply
2. Breathe steadily
3. Breathe slowly
4. Breathe quietly

Notes: