



Objective: To help children learn how they can independently bring calm to themselves by breathing deeply.

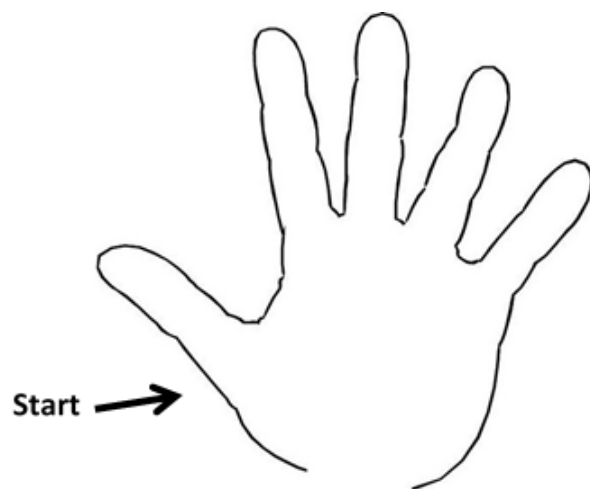
Teacher: This is a good activity to use during transitions or when children are waiting in line.

Materials:
Hands

Breathing Hands

HOW TO USE YOUR HANDS TO GUIDE YOUR BREATHING

- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Inhale deeply through your nose as you move to the top of your thumb. Hold for a moment.
- Exhale slowly as you move down between your thumb and first finger. Hold for a moment.
- Take another breath in as you move to the top of your first finger. Hold for a moment.
- Exhale as you move down between your first and second finger. Hold for a moment.
- Repeat until you have taken five slow, deep breaths.
- If needed, repeat on the other hand.



INTRODUCTION

Hi Friends.

What is this? (*Hold out your hand like a star.*)

It is my hand.

Show me your hands.

How do we use our hands?

We can also use our hands to breathe!

Remember how we take deep breaths to calm our bodies and build our Inner Power?

We can use our hand to take deep breaths, too!

Like this.

MODEL

Start at the base of your thumb, and verbally map what you are doing.

I'll start here at the bottom of my thumb, and I will take a deep breath in as I trace to the top of my thumb (*inhale as you move your pointer finger to the top of your thumb*).

Then I'll slowly blow it out as I go to the bottom of my thumb (*exhale as you trace from the top of your thumb to between your thumb and pointer finger*).

Next, I'll take a deep breath in as I go up...

And I'll blow it out as I go down...

NOW, IT'S YOUR TURN

Now, you try. Point to the bottom of your thumb. Take a deep breath in as you go to the top of your thumb.

Now, slowly blow it out as you go to the bottom of your thumb.

Take a deep breath in...slowly blow it out.

Repeat until you have traced your five fingers.

QUESTIONS

After the children have traced their hands, help the children become aware of how their bodies are feeling by asking these questions:

How does your body feel after you have taken 5 deep breaths?

Does your body feel different now?

Are you feeling more calm and relaxed?

Are you feeling your Inner Power?

All you need are
your hands to do
this activity.

TIPS

- This can also be used with an individual child, as a tool to help them calm down during a challenging situation.
- Once the children are familiar with the activity, invite them to close their eyes as they breathe. Invite them to notice how their bodies feels as they breathe in and out.