



Objective: To further explore how different types of breathing makes our bodies feel.

Teacher: Introduce the activity by reminding the children how deep breathing calms their bodies and helps to build their Inner Power.

Materials:
Pinwheels -
one per child

Pinwheel Breathing

INTRODUCTION

Hi Friends! What is this? It's a pinwheel.
What do we do with pinwheels? What makes them move?

Remember how we take big breaths in and out to calm our bodies and build our Inner Power?
Today we are going to build our Inner Power by using our breath to make a pinwheel spin.

MODEL

Watch me first.

I breathe in (*deep inhale*) and blow out
(*slowly blow to make the pinwheel spin*)

See how it spins?
After I blow on the pinwheel, my body feels different.

It feels more relaxed.
When my body is relaxed, I feel stronger.
I am building my Inner Power.

The children can put their hands on their hearts to feel their heartbeat and how blowing the pinwheel makes their heartbeat change.

NOW, IT'S YOUR TURN

Now you try it.

Give the pinwheels to the children and allow them to explore a bit.

NOW, IT'S YOUR TURN cont.

Now, let's make our pinwheels spin together.

Take a big breath in (*take a breath*), and blow it out (*blowing pinwheel*).
(*repeat as needed*)

Are you noticing how the pinwheel is spinning?
How does your body feel now?

REPEAT

Try these different patterns. Encourage the children to notice their breath and how their bodies feel.

I want to make the pinwheel spin really s-l-o-w-l-y (*exaggerate the words*), so I am going to take a big, deep breath and blow really slowly.

Now I want to make the pinwheel spin fast, so I am going to take short, fast breaths like this.

What if we take a big breath, and blow it out as hard as we can?

How about using soft, quiet breaths?

QUESTIONS

Continue to bring the children's awareness back to the sensations in their bodies:

- Do you feel the air go into your nose?
- How does your body feel after you blow on the pinwheel?
- Does your body feel calm?
- Does your body feel relaxed?
- Do you feel your Inner Power?

TIPS

- This is a good transition activity, to help children calm down after they return from playing outside.
- This can be used in a large group, small group, or with individual children.
- If a child is upset, try this activity to help calm her/him. The pinwheel will offer the child something different to think about while building awareness that breathing helps calm the body.
- You can also remind the children to use the pinwheel independently when they want to feel better.
So, next time when you want your body to feel calm, you can get your pinwheel and use your breath to make it spin. That's a good plan!