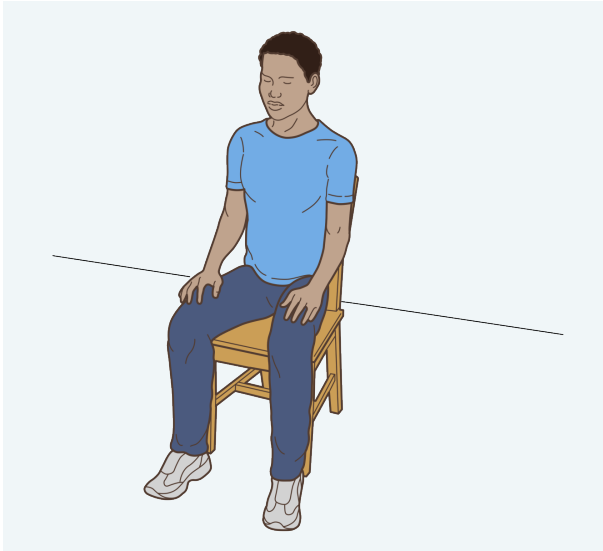
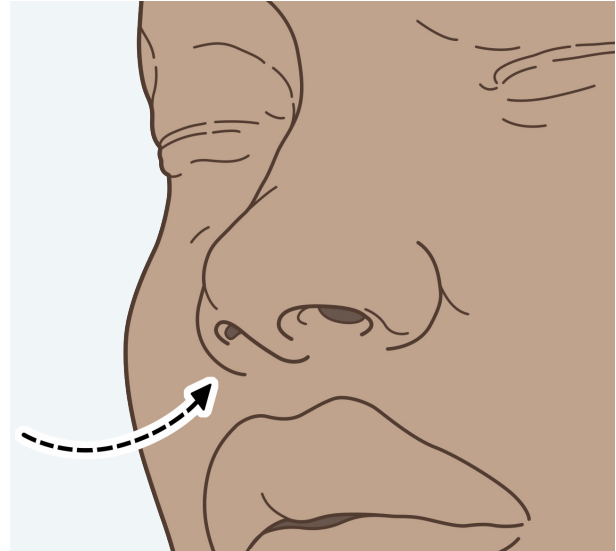


Activity 10: Deep breathing

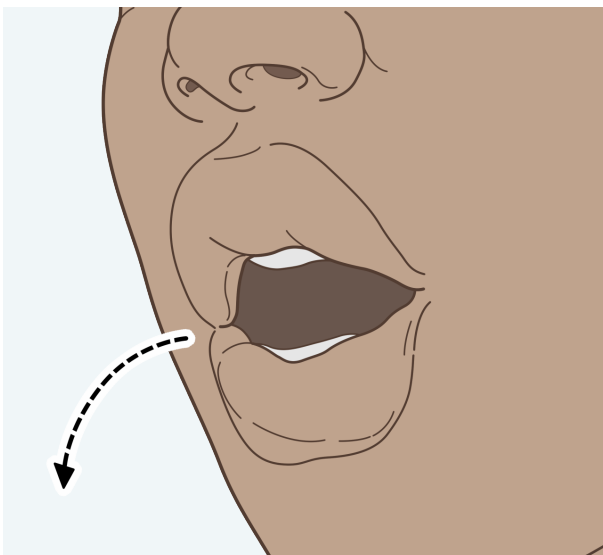
Video demonstration



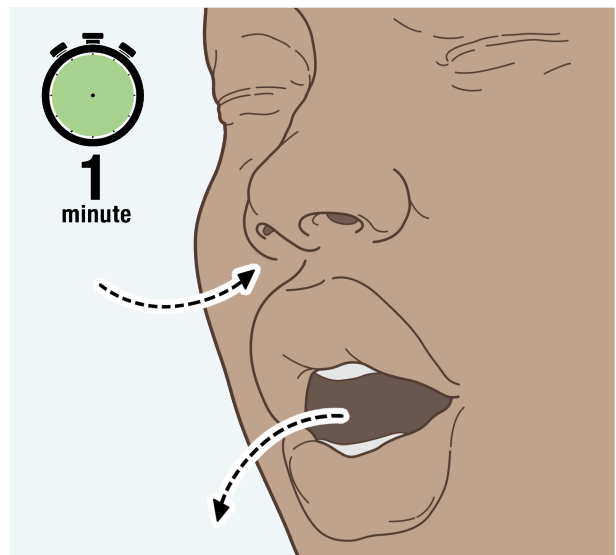
1. Sitting comfortably, on a chair or on the floor, close your eyes.



2. Breathe in through your nose while counting to five in your head. Note to teacher: count out loud initially to support understanding.



3. Open your mouth and breathe out while counting to five in your head.
4. Now close your mouth and breathe in through your nose while counting to five. Note to teacher: support understanding by saying 'breathe in, one, two, three, four, five, and open mouth and breathe out'.



5. Continue the deep breathing for one minute.

How do you feel? Which parts of your body moved when you were breathing in? Could you feel the air entering and exiting your body?

Follow-on activity:

Blow up a balloon. As it inflates, explain that this is like the air being breathed into our lungs. Let the air out of the balloon and explain this is like the air being breathed out.