

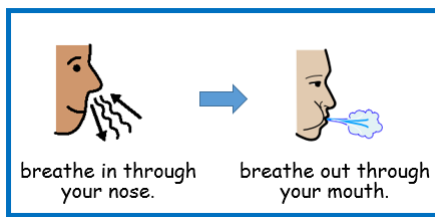
## Sybil Elgar School Breathing for Relaxation

### Why teach slow, deep breathing?

- Relaxes the body
- Lowers blood pressure and reduces stress and anxiety

### Tips for teaching breathing techniques

- Model breathing techniques to the child or young person
  - In through your nose and out through your mouth.
  - Placing your hand on your belly can help to encourage deeper breaths
- Make sure the child or young person is comfortable- standing up, sitting or lying down are all fine
- Practice regularly at a time when the child or young person is calm so they can learn the techniques.
  - With time and practice they can begin to use slow deep breathing during stressful situations
- Use minimal, simple language. Reinforce key messages with visual aids.



- Coordinate with large body movements or yoga poses
  - E.g. Breathing in as you move your arms above your head, breathing out as you move your arms back down to your side
- Use resources to support interest and engagement

*Pinwheels*



*Arts and crafts using crepe paper*



*Sensory scarves*



*Placing a soft toy on their belly while lying down*



*Bubbles*



*Balloons*



### Videos to teach breathing

Elmo: <https://www.youtube.com/watch?v=mZbzDOpylA&t=42s&safe=active>

Fish underwater: <https://www.youtube.com/watch?v=gLbK0o9Bk7Q&safe=active>

Mountains/ lakes: <https://www.youtube.com/watch?v=5DqTuWve9t8&safe=active>

### References

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>