

## **EMERGENCY BREATHING KIT for Parents and Kids**

### **~ for your Corona Days at Home**

*With love from The Breathing Classroom Team  
A program from the International Breathwork Foundation*

#### **1) Corona days - issues for both parents and kids**

- People self-isolating at home at times are feeling a sense of overwhelm, anxiety, stress, irritability, excess energy, having poor sleep.... as well as lethargy/ poor motivation to get started with home projects, irritability, loss of routine or boredom. This can be especially true with children.

- Learning how to do online learning with the kids can be a stretch - some coursework can feel boring or lacking in vitality or connection

- Covid-19 is a lung disease, perhaps with an underlying message that it's time for us to learn to breathe more consciously

- Parents can easily incorporate breaks for conscious breathing and movement and nature, as part of *'the glue'* that holds together your corona days - like a reset button

#### **2) How Conscious Breathing can help children and parents**



- Helps us set focus
- Calms and relaxes anxiety or fears, bringing peace to oneself
- Energizes and brings clarity and optimism
- Helps release built up energy in a healthy way
- Helps both kids and parents to self regulate and self soothe
- Helps with PTSD (Post Traumatic Stress Disorder)
- Helps for easing into sleep at night or nap time

### 3) Parents / Teachers : PUT YOUR OXYGEN MASK ON FIRST

- You are doing the most important job in the world - you want to start with care for yourself so you can care for your loved ones

- Even if your days are feeling full - find a moment just for yourself to breathe consciously - maybe it will have to be 'on the corona throne' in the bathroom!

- Start practicing the "All Ages / Adult" breathing exercises for yourself

- Try out each of the following breathing exercises by yourself first before you offer them with your kids. Each one has a script for you to follow.

- Do this in the moment, first thing in morning, before a cap nap, before meals, before bed

### 4) Breathing Exercises for Young children / Ages 3 - 7

- THE CORE BREATH PRACTICE All Ages/ Adult too

*Use For: To become aware of the breath, to focus, to observe*

*Duration: 1-3 minutes*

[YOU CAN USE A CHIME OR BELL AT THE BEGINNING AND AT THE END]

"When you hear the bell sound, close your eyes and listen until you can no longer hear it. When you no longer can hear the bell....

Bring your attention to your breath.

Put your hands on your belly. Feel your belly popping out as you breathe in.

Feel your belly flatten as you breathe out.

Breathe in through your nose... Breathe out through your nose... Belly rising... Belly falling...

As you continue to breathe in this way notice what you feel in your body.

Notice how your breath fills your belly and up into your chest.

Keeping one hand on your belly, place your other hand on your chest.

Notice how your hands on your belly and chest rise and fall with each inhale and exhale.

Notice how it feels... like a balloon filling up.. and then gently letting all the air spill out.

Notice how your breath fills ...

[FILL IN THE BLANK: your breath fills your hands, every cell of your brain, your legs and your feet,

your heart, your shoulders, your fingers, your throat and your voice, your eyes, etc. ...]

Now relax your hands and let them rest on the tops of your legs.

Bring your breathing back to its normal rhythm.

[BELL/ CHIME] When you hear the bell sound ...listen. When you can no longer hear it, bring your awareness back to the room - in silence.

- **THE TARZAN BREATH** All Ages

*Use For: Raising the energy, fun for all ages*

*Duration: 15 -20 seconds*

"Stand up and take a deep breath. Imagine yourself as Tarzan and start beating your upper chest with your fists. On the exhale make a sound like Tarzan with a long loud Tarzan yell."

\* Repeat 2 or 3 times . You can also do this fun exercise while sitting.



## **5) Breathing Exercises for Elementary School children / Ages 8 - 12**

- **THE RELAXING BREATH** Age 8-18 / Adult too

*Use For: To relax, to rest, brings calm*

*Duration: 1- 3 minutes*

[YOU CAN USE A CHIME OR BELL at the beginning or the end]

“When you hear the bell sound, close your eyes and listen until you can no longer hear it. When you no longer can hear the bell....

Relax and notice your breath.

Breathe your normal rhythm... breathing in through your nose

with your mouth closed...and...breathing out through your nose with your mouth closed.

Notice how you feel.

As you continue to breathe, notice your inhale.

Notice how long it is... and just to yourself slowly count out how long it is.

So to yourself you might notice that it is the length of “ 1..2.. 3..”

On your next breath I want you to double your exhale.

So if your inhale was to the count of 3 then now make your exhale to the count of 6

It only has to be close - it doesn't have to be exact.

Continue breathing with your exhale doubled.

Notice how you feel.

Allow your shoulders to drop on the out breath and feel your whole body relax.

Continue for several breaths.

[BELL/ CHIME] When you hear the bell, start bringing your breath back to its normal rhythm.”

- **THE WOODCUTTER'S BREATH** Ages 3 to 13

*Use For: To release anger or to let go of built up energy*

*Duration: 1 minute*

"Stand up right with your eyes open and your legs spread apart.

We are going to chop wood with an 'axe.'

Hold the handle of your 'axe' in both your hands for chopping wood.

Take in a deep inhale through the nose or mouth as you lift your hands high over your head.

As you let the 'axe' drop swiftly to chop the 'wood,' make a strong and expressive exhale making a loud sound of "Haiiiiiiiii!!!

Let your head and hands drop down in front like a rag doll and relax for 2 full long breaths.

Now come back up and repeat your wood chopping, followed again by hanging and breathing like a rag doll.

Repeat this 1 more time followed by a couple of sighs or a relaxing breath."

## **6) Breathing Exercises for High School Kids & Adults / Ages 13 - 18 / Adult**

- **THE BEAR BREATH** Ages 8 and up / Adults too

*Use For: Self-control breath which helps kids deal with big emotions and anger*

*Duration: 3-4 breath cycles*

"With the mouth closed, breathe in through the nose for 2 counts

Hold for 2 counts

Breathe out the nose for 2 counts

Hold for 2 counts.

Repeat "

\* Do a round of 3 or 4 breaths and feel more in control.

- **INFLATING THE TIRE BREATH** All Ages / Adult too

*Use For: Energizing breath for movement and optimism*

*Duration: 3-5 breath cycles*

"Take your bike pump in your left hand (visa-versa if you are left-handed)

Support with your left wrist near your left knee

Keep it close to your left knee and pump downwards with your right hand.

Pulling out the handle will make you straighter and breathe in.

When pumping, bend towards your knee and breathe out strongly.

Take the starting position now with the pump pulled out.

Take a deep breath and ... push..

Pull..Inhale / Push.. Exhale / Pull..Inhale / Push..Exhale / ... etc.

When you stop, come upright. Arms along your body.  
Close your eyes or focus on a point on the floor.  
Breathe quietly and feel in your body what it has done to you. “



● **THE BALANCING BREATH** Age 5 - 18 / Adult

*Use For:* Helps reduce PTSD and anxiety when regularly practiced, balances the active sympathetic and the relaxed parasympathetic nervous systems

*Duration:* High school/adults start with 7-8 breaths per minute and work down to 6 breaths per minute/ for 5 minutes / 3 times a day  
Younger Kids under 8 will do 8-10 breaths per minute / for 1-2 minutes / daily

*A) To start*

“We are going to S L O W our breath down so we can time it for having just 6 breaths per minute. To start we will practice with a stopwatch just to notice how slow that feels.  
[Be ready to start your stopwatch for 1 minute]

Take a deep clearing breath in through your mouth and let your breath out through your mouth...let it go

And now we will begin. With your mouth closed, breathing in and out through the nose...

[Start stopwatch... each inhale should be close to 5 seconds long... each exhale should be close to 5 seconds long]

Breathe in through your nose, S L O W L Y [5 seconds]

Now breathe out through your nose, S L O W L Y [5 seconds]

In... 2, 3, 4 [5 seconds]

Out... 2, 3, 4 [5 seconds]

[Repeat up to 60 seconds and shift for the next 60 seconds]

*B) To add movement*

“Take a deep clearing breath in through your nose and let your breath out through your nose

And now we begin...

On your Inhale: face your palms open towards the sky and then slowly raise your arms up to sky [5 seconds]

On your Exhale: face your open palms downwards towards earth, Slowly bring your arms down to earth [5 seconds]

Inhale... palms and arms up to sky [5 seconds]

Exhale ... palms and hands down to earth [5 seconds]

\* Take your time to build up to making this a 365 practice: 3x/day , 6 breaths/minute, for 5 minutes

\* Kids can take turns being an orchestra conductor leading the movement.

## **7) MAKING GAMES, INTENTIONS and VARIATIONS with breathing exercises**

- have bubbles, balloons, feathers or other items on hand to make games for young children
- add hand, arm, foot, leg movements to breathing exercises for vitality
- make a breathing song or game for washing hands, or physical distancing
- make a breathing game with a straw in the side of paper cup and blow up rubber glove stretched on top
- make an intention with the breathing exercises of healing, protection, vitality, connection, appreciation
- notice the difference before and after breathing consciously - focus and feel deeply it - discuss this with older kids
- weave breathing exercises throughout the day: beginning of day, at meals, in Nature, before/during lessons, at moments of upset, before bed
- have crayons, paints and paper on hand for drawing or painting before and afterwards - present the art and discuss
- make this an exercise in receiving and sending healing energy to those in need, to loved ones, to self and the world
- focus on making a connection to a 'larger whole' in these times (Earth, Air, ancestors-descendant continuum,...)

## **8) LEARN MORE**

YOU CAN SHARE YOUR EXPERIENCE/ ASK QUESTIONS

- The Breathing Classroom Facebook support page

- [www.TheBreathingClassroom.com](http://www.TheBreathingClassroom.com)

## LEARN MORE ABOUT OUR FREE PROGRAMS

- *Conscious Breathing in the Classroom* : this Emergency Breathing Kit for Parents and Kids is an excerpt from this IBF program which includes a manual and training video for bringing 3-5 minutes of conscious breathing into your children's daily lives

**[www.TheBreathingClassroom.com](http://www.TheBreathingClassroom.com)**

- *International Breathwork Foundation (IBF)* : Access a world of breathworkers who span the globe, a Breathing App, group breathwork online, a program for trauma recovery, a program for conscious breathing in the classroom, science and research advisors, an annual international breathwork conference, World Breathing Day

**[www.IBFBreathwork.org](http://www.IBFBreathwork.org)**

~ *For The Children and their beautiful Caregivers* ~

