

Think2Be Healthy Minds

The Power of Breathwork

Slide not part of the topic



Storyboard

Slide not part of the topic

Version Control Table

Ver.	Date	Note
1	19 th March '24	The first draft created by AimsDigital
2	6 th May '24	Revised in line with M1 – T4



Welcome to the training

The Power of Breathwork

Continue

Screen 1: Topic Introduction

Better breathing
nurtures
emotional well-
being.



Breathwork
encourages
children to be fully
present in the
moment.



Early childhood is
a crucial time for
emotional and
cognitive
development.





Research has
proved the
efficacy of
Breathwork.

Screen 2: Learning Outcomes



By the end of this topic, you should be able to:

Implement mindful listening games and breathing exercises tailored for children aged zero to five, enhancing their sensory awareness and emotional regulation

Understand and convey the link between mindfulness practices and cognitive development in young children within playful learning environments

Screen 3: A Case Study

Let's review a case study on breathworks.

Use the forward and backward buttons of the slideshow to continue learning.



Let's review a case study on breathworks.

Use the forward and backward buttons of the slideshow to continue learning.



In the Fall of 2023, mindful breathing exercises were integrated into the daily routines of more than a million students in New York City's public schools. Teachers were required to lead students at all grade levels—from kindergarten to high schoolers—through two to five minutes of breathwork each day.



Let's review a case study on breathworks.

Use the forward and backward buttons of the slideshow to continue learning.



Mayor Eric Adams and David Banks, the city's chancellor of education, announced this new initiative on June 27. The Centers for Disease Control and Prevention surveyed the city in 2021 to determine its needs.



Let's review a case study on breathworks.

Use the forward and backward buttons of the slideshow to continue learning.

Mental Health in Children



■ Sad or Hopeless ■ Poor Mental Health ■ Normal ■

The survey found that 42 per cent of students felt sad or hopeless, and 29 per cent had poor mental health. It determined that students could learn to self-regulate their emotions, minds, and bodies if stress-relieving techniques were effectively integrated into the classroom.

[SurveyLink](#)



Let's review a case study on breathworks.

Use the forward and backward buttons of the slideshow to continue learning.



Studies, including those by Dr. Jon Kabat-Zinn, who introduced his Mindfulness-Based Stress Reduction (MBSR) programme to hospitals worldwide, demonstrate that incorporating mindful breathing in play settings enhances children's abilities to engage, concentrate, and respond positively to stress. These skills are crucial for their development and lay the foundation for successful learning experiences.



Screen 4: Introduction to Examples of Mindful Breathing



Teaching mindful breathing to young kids, ages zero to five, helps them learn self-regulation and awareness early.

Screen 5: Balloon Breathing

Balloon Breathing for Ages 3—5: Activity Description

In the balloon breathing activity, children are instructed to inhale in and exhale out, imagining their bellies as balloons.

Click each tab to continue learning.

Setup

Breathing In

Breathing Out

Reflection



Balloon Breathing for Ages 3—5: Activity Description

In the balloon breathing activity, children are instructed to inhale in and inhale out, imagining their bellies as balloons.

Click each tab to continue learning.

Setup

Breathing In

Breathing Out

Reflection



1

Gather the children comfortably seated and ask them to imagine holding a balloon.

Balloon Breathing for Ages 3—5: Activity Description

In the balloon breathing activity, children are instructed to inhale in and inhale out, imagining their bellies as balloons.

Click each tab to continue learning.

Setup

Breathing In

Breathing Out

Reflection



2

Instruct them to take a deep breath through their noses, filling their balloon (belly) as big as they can.

Balloon Breathing for Ages 3—5: Activity Description

In the balloon breathing activity, children are instructed to inhale in and inhale out, imagining their bellies as balloons.

Click each tab to continue learning.

Setup

Breathing In

Breathing Out

Reflection



3

In the next step, they will slowly breathe out through the mouth, deflating the balloon. Encourage them to notice how their belly rises and fall.

Balloon Breathing for Ages 3—5: Activity Description

In the balloon breathing activity, children are instructed to inhale in and inhale out, imagining their bellies as balloons.

Click each tab to continue learning.

Setup

Breathing In

Breathing Out

Reflection



4

After a few rounds, ask the children how their body feels. This encourages awareness of their physical sensations and emotions.

Screen 6: Fluttering Butterfly Breathes

Fluttering Butterfly Breaths for Ages 2—5 Activity Description

In the fluttering butterfly breathing activity, children imagine themselves as butterflies.

Click each tab to continue learning.

Setup

Imagination

Engagement

Reflection



Fluttering Butterfly Breaths for Ages 2—5 Activity Description

In the fluttering butterfly breathing activity, children imagine themselves as butterflies.

Click each tab to continue learning.

Setup

Imagination

Engagement

Reflection



1

Have the children sit with their legs crossed and ask them to place their hands on their stomachs.

Fluttering Butterfly Breaths for Ages 2—5 Activity Description

In the fluttering butterfly breathing activity, children imagine themselves as butterflies.

Click each tab to continue learning.

Setup

Imagination

Engagement

Reflection



2

Tell them to imagine their breath as if it were the wings of a butterfly. Their butterfly wings (hands) lift as they breathe in, and their wings gently flutter down as they breathe out.

Fluttering Butterfly Breaths for Ages 2—5 Activity Description

In the fluttering butterfly breathing activity, children imagine themselves as butterflies.

Click each tab to continue learning.

Setup

Imagination

Engagement

Reflection



3

If comfortable, encourage them to close their eyes and visualise their breath as colourful wings, gently moving with each breath.

Fluttering Butterfly Breaths for Ages 2—5 Activity Description

In the fluttering butterfly breathing activity, children imagine themselves as butterflies.

Click each tab to continue learning.

Setup

Imagination

Engagement

Reflection



4

Talk about the colours and feelings of their butterfly, integrating sensory experiences with emotional expression.

Screen 7: Nature Breath

Nature Breath for Ages 3—5: Activity Description

Nature breath is an outdoor exercise where children imagine smelling the flowers or the fresh air.

Click each tab to continue learning.

Outdoor Setup

Breathing with Nature

Sensory Connection



Nature Breath for Ages 3—5: Activity Description

Nature breath is an outdoor exercise where children imagine smelling the flowers or the fresh air.

Click each tab to continue learning.

Outdoor Setup

Breathing with Nature

Sensory Connection



1

If possible, take the children outside or near a window where they can see the sky or trees.

Nature Breath for Ages 3—5: Activity Description

Nature breath is an outdoor exercise where children imagine smelling the flowers or the fresh air.

Click each tab to continue learning.

Outdoor Setup

Breathing with Nature

Sensory Connection



2

Ask them to take deep breaths and imagine smelling the flowers or the fresh air, then breathe out as if they are blowing leaves to move.

Nature Breath for Ages 3—5: Activity Description

Nature breath is an outdoor exercise where children imagine smelling the flowers or the fresh air.

Click each tab to continue learning.

Outdoor Setup

Breathing with Nature

Sensory Connection



3

Link the sensory experience of the natural world with their breathing, enhancing their connection to nature and the present moment.

Screen 8: Bubble Breaths

Bubble Breaths for ages 2—5: Activity Description

In the bubble breaths mindful breathing technique, use a bubble wand to let the children experience deep and slow breathing.

Click each tab to continue learning.

With Bubble Wand

Mindful Observation

Sharing Observations



Bubble Breaths for ages 2—5: Activity Description

In the bubble breaths mindful breathing technique, use a bubble wand to let the children experience deep and slow breathing.

Click each tab to continue learning.

With Bubble Wand

Mindful Observation

Sharing Observations



1

Using a bubble wand, show the children how to take a deep breath and slowly breathe through the wand to create bubbles.

Bubble Breaths for ages 2—5: Activity Description

In the bubble breaths mindful breathing technique, use a bubble wand to let the children experience deep and slow breathing.

Click each tab to continue learning.

With Bubble Wand

Mindful Observation

Sharing Observations



2

Encourage them to watch the bubbles as they form, float, and pop. This will help them practice controlled breathing and focus their attention.

Bubble Breaths for ages 2—5: Activity Description

In the bubble breaths mindful breathing technique, use a bubble wand to let the children experience deep and slow breathing.

Click each tab to continue learning.

With Bubble Wand

Mindful Observation

Sharing Observations



3

To foster mindfulness and curiosity, ask the children what they noticed about the bubbles, such as how big they were or how the wind carried them.

Screen 9: Soothing Sounds Breathe

Soothing Sounds Breath for Ages 0—2: Activity Description

Soothing sounds and breath involve incorporating soft lullabies or gentle music.

Click each tab to continue learning.

Lullabies and Soft Music

Parent/Caregiver Involvement

Mindful Breathing for Daily Transitions



Soothing Sounds Breath for Ages 0—2: Activity Description

Soothing sounds and breath involve incorporating soft lullabies or gentle music.

Click each tab to continue learning.

Lullabies and Soft Music

Parent/Caregiver Involvement

Mindful Breathing for Daily Transitions



1

For the very young, incorporating soft lullabies or gentle music can create a calming environment conducive to mindful breathing.

Soothing Sounds Breath for Ages 0—2: Activity Description

Soothing sounds and breath involve incorporating soft lullabies or gentle music.

Click each tab to continue learning.

Lullabies and Soft Music

Parent/Caregiver Involvement

Mindful Breathing for Daily Transitions



2

While holding the child, take deep, exaggerated breaths in and out, allowing the child to feel your breathing rhythm. This can be soothing and serve as an early introduction to mindfulness practices.

Soothing Sounds Breath for Ages 0—2: Activity Description

Soothing sounds and breath involve incorporating soft lullabies or gentle music.

Click each tab to continue learning.

Lullabies and Soft Music

Parent/Caregiver Involvement


Mindful Breathing for Daily Transitions



3

This suggestion involves using mindfulness exercises at the start and end of the day. The exercises can be used to start the day in a mindful state and end it calmly. Parents can also practice them at the beginning and end of a childcare day to cultivate positive emotions when arriving or leaving the centre.

Screen 10: Integrating Mindful Breathing into Daily Routines



Introducing mindfulness to young children through breathing activities aids emotional regulation, self-calming, and early body and emotion awareness.



The key to success is consistency and making these practices fun and engaging. By integrating mindful breathing exercises into daily routines, children can learn to regulate their breathing and improve their mental and physical well-being.

Screen 11: Mindful Breathing: An Interactive Exercise



Breathing Technique: Taking deep breaths, filling the belly as much as possible





Ballon Breathing



Fluttering Butterfly Breath



Breathing Technique: Breathing, imagining smelling fresh flowers

-  Bubble Breath
-  Nature Breath



Breathing Technique: Allowing the child to feel your breathing rhythm

- Fluttering Butterfly Breath
- Soothing Sounds Breath

You scored --- out of 3.



Correct Answers

Taking deep breaths, filling the belly as much as possible

Ballon Breathing

Breathing, imagining smelling fresh flowers

Nature Breath

Allowing the child to feel your breathing rhythm

Soothing Sounds Breath

Screen 12: Integrating Mindful Breathing into Daily Routines



Let's now learn about Integrating mindful breathing into daily routines.

Use the choices of words to fill in the gaps in the sentences in the paragraph below. Drop the words to their corresponding places.

emotions

engaging

breathing

calm

routines

Breathing activities serve as a foundation for introducing young children to mindfulness through . By integrating these practices into daily , children can learn to manage their , themselves. and develop an early of their bodies and feelings. The key is consistency and making these practices fun and in daily life.

Submit

Well done!

Breathing activities serve as a foundation for introducing young children to mindfulness through breathing. By integrating these practices into daily routines, children can learn to manage their emotions, calm themselves, and develop an early awareness of their bodies and feelings. The key is consistency and making these practices fun and engaging in daily life.



Screen 13: Long-term Benefits of Mindful Breathing

There are many benefits of mindful breathing for children.

Roll over or touch the cards to reveal the benefits, then answer the question.

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Identify the benefits of mindful breathing from the given choices.

*Select all the correct answers, and then click **Submit**.*

☐ Reduced anxiety ☐ Mental well-being ☐ Emotion regulation ☐ Enhanced focus

Submit

There are many benefits of mindful breathing for children.

Roll over or touch the cards to reveal the benefits, then answer the question.

Emotion Regulation

Reduced Anxiety

Mental Well-Being

Enhanced Focus

There are many benefits of mindful breathing for children.

Roll over or touch the cards to reveal the benefits, then answer the question.

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Mindful Breathing
Benefit

Identify the benefits of mindful breathing from the given choices.

*Select all the correct answers, and then click **Submit**.*

☐ Reduced anxiety ☐ Mental well-being ☐ Emotion regulation ☐ Enhanced focus

Submit

There are many benefits of mindful breathing for children.

Emotion Regulation

Reduced Anxiety

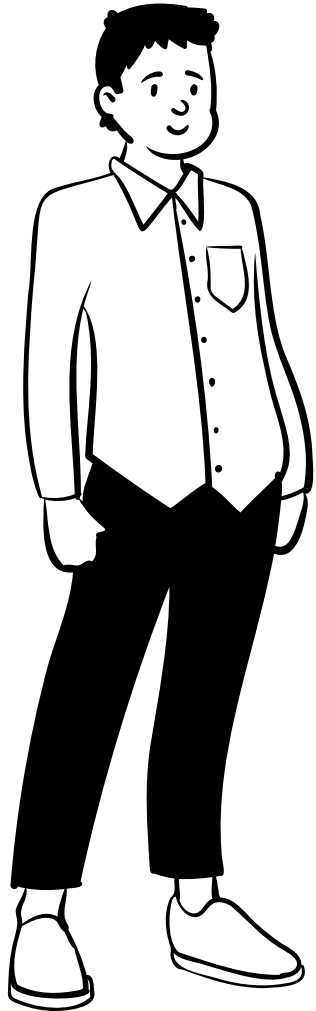
Mental Well-Being

Enhanced Focus



The long-term benefits of introducing mindful moments in early childhood are profound. The Greater Good Science Center at UC Berkeley highlights that these practices can lead to better emotion regulation, reduced anxiety, and improved mental well-being. By practising mindfulness, children learn to navigate their emotions effectively, enhance focus, and foster positive emotional health.

Screen 14: Inspiring Action in Educators



You will now learn about
inspiring action in
educators.

We discussed this topic
yesterday. Click the
button to listen to our
recorded conversation.



Play

Character	Dialogue
Female	I've experienced that my breathing is irregular when I'm under stress.
Male	We all experience that. That's where meditation helps.
Female	Indeed. Mindful breathing helps us all. How do we start integrating it into our daily routines?
Male	I'd advise starting with short, simple activities and gradually making them a natural part of the day.
Female	It won't be easy to start.
Male	It never is. The goal is not perfection but consistent practice and integration of breathing mindfulness into the child-led learning experience.
Female	As is said, practice before you teach.
Male	That makes perfect sense.

Screen 15: Additional Resources



By embracing mindful practices, you teach and empower young minds to thrive emotionally and cognitively.

Below are a few links to more practical examples of breathwork activities for children.

Link 1

Link 2

Link 3

End of the Storyboard

