



Think2Be
Healthy Minds

Breathing
Awareness

Slide not part of the topic



Storyboard

Slide not part of the topic

Version Control Table

Ver.	Date	Note
1	15 th May '24	The first draft created by AimsDigital



Welcome to the training

Breathing Awareness

Continue

Screen 1: Topic Introduction



Mindful breathing
is crucial for the
healthy
development of
young minds.



Research shows that different emotions are associated with different forms of breathing.

Animation 1: Create an animation of a balloon filling up fully with a slow and steady motion. Show a couple of motions.

Regular, deep and slow breathing indicates joy.

Animation 2: Create an animation of a balloon half filling up fast with a jerk. Show a couple of motions.

Irregular, short, fast and shallow breathing indicates an anxious and angry mind.



Emotions vary with breathing patterns.

Screen 2: Learning Outcomes



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

- Understand the techniques for teaching breathing awareness to children aged 0—5
- Grasp the role of breathing awareness in regulating emotions and enhancing focus in young children
- Comprehend the integration of breathing practices into child-led play environments for fostering emotional well-being and cognitive development in young learners

Screen 3: Breathing and Calmness

1 Breathing and Calmness

3 4-7-8 Breathing Technique

2



2 Dr Andrew Weil

4-7-8 Breathing Technique

1

FOUR STEPS

Create an illustration of a child inhaling through the nose. Indicate air with arrows. Run a counter for four seconds.

Inhale through the nose.

2a

Show the child gently closing their nostrils. Run a counter for seven seconds.

Hold your breath.

2b

Show the child with their mouth open. Run a counter for eight seconds.

Exhale through the mouth.

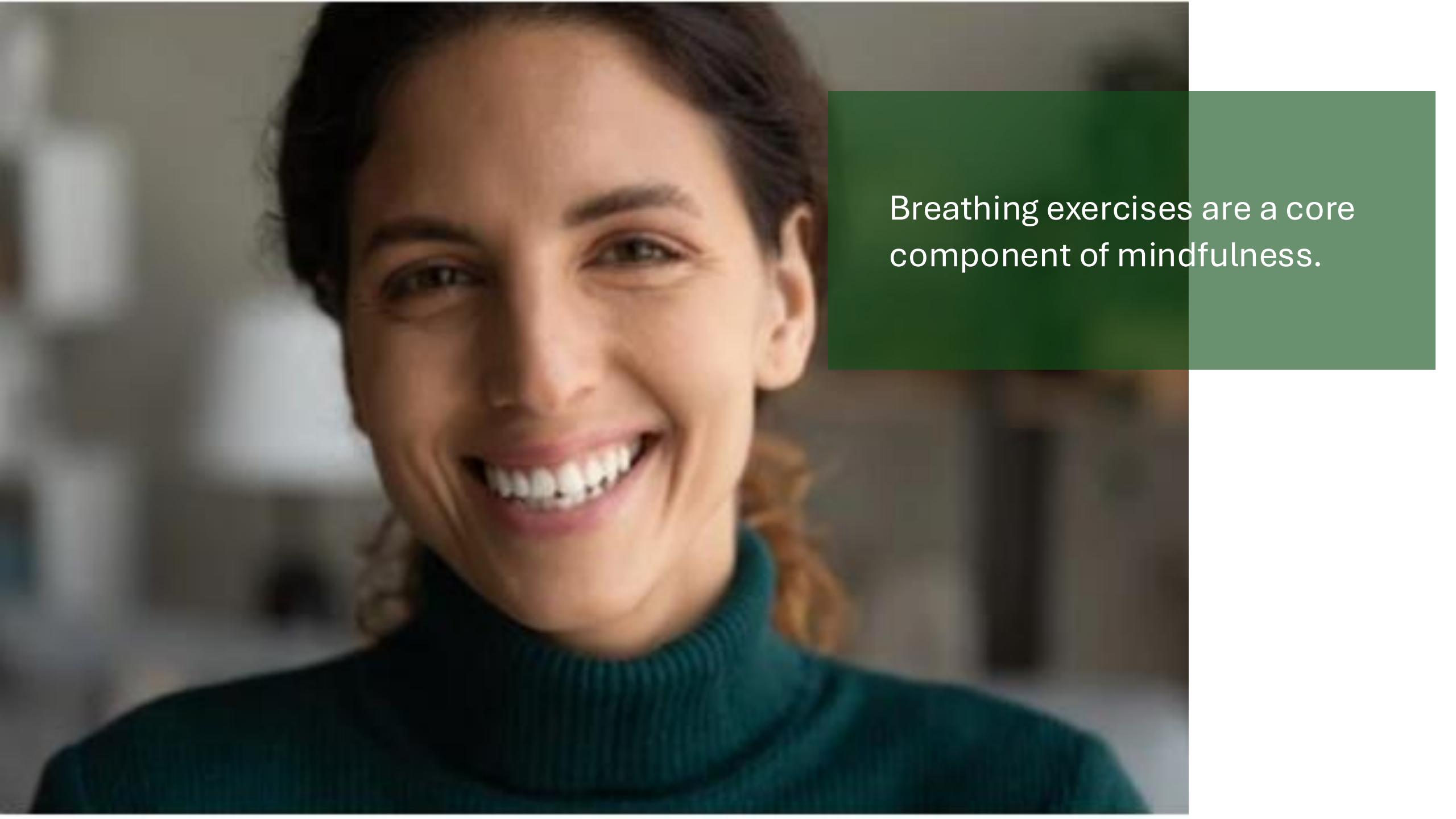
2c

Repeat the illustration from 2a.


Repeat and experience.

2d

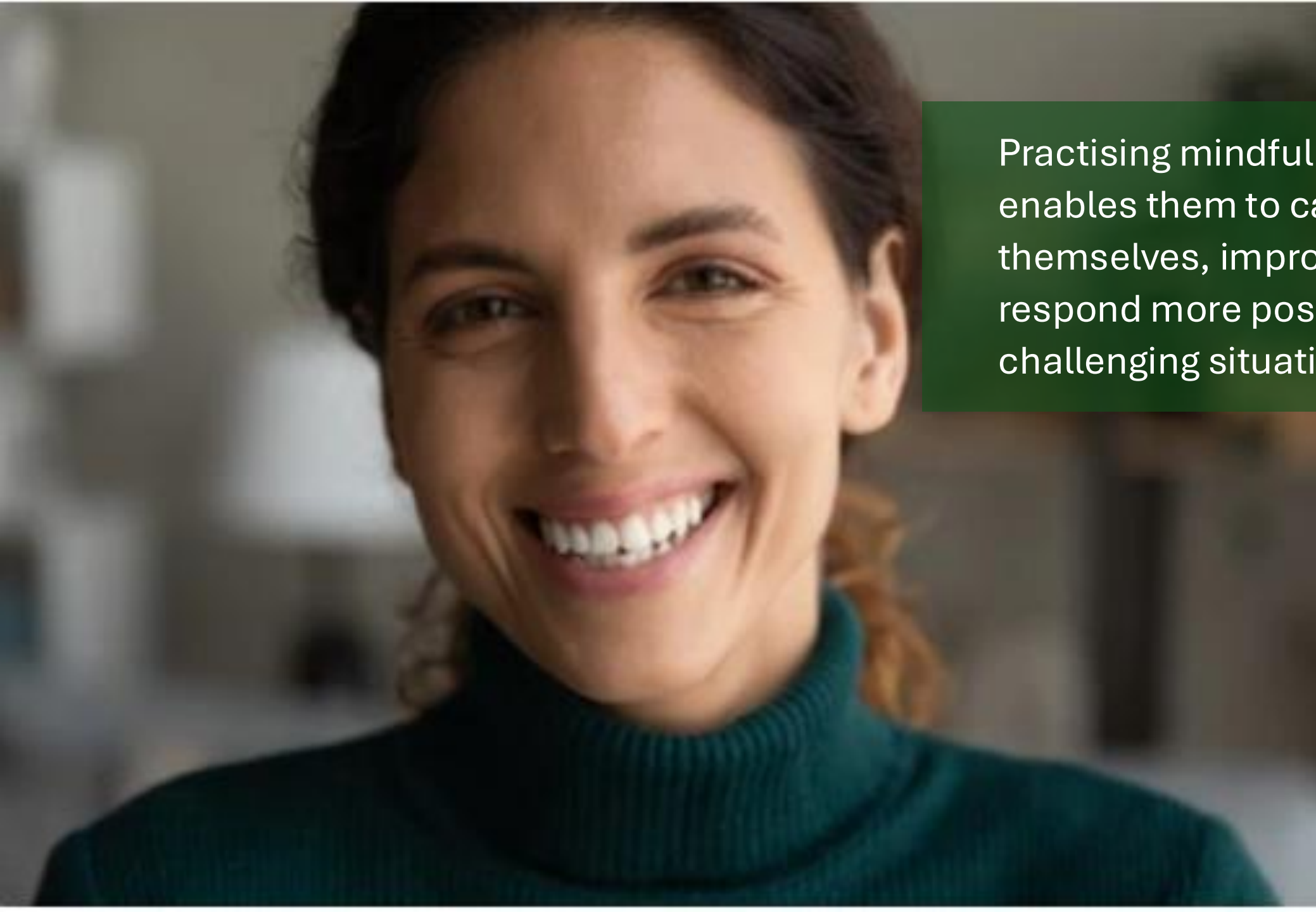
Screen 4: Breathing and Mindful Moments

A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.

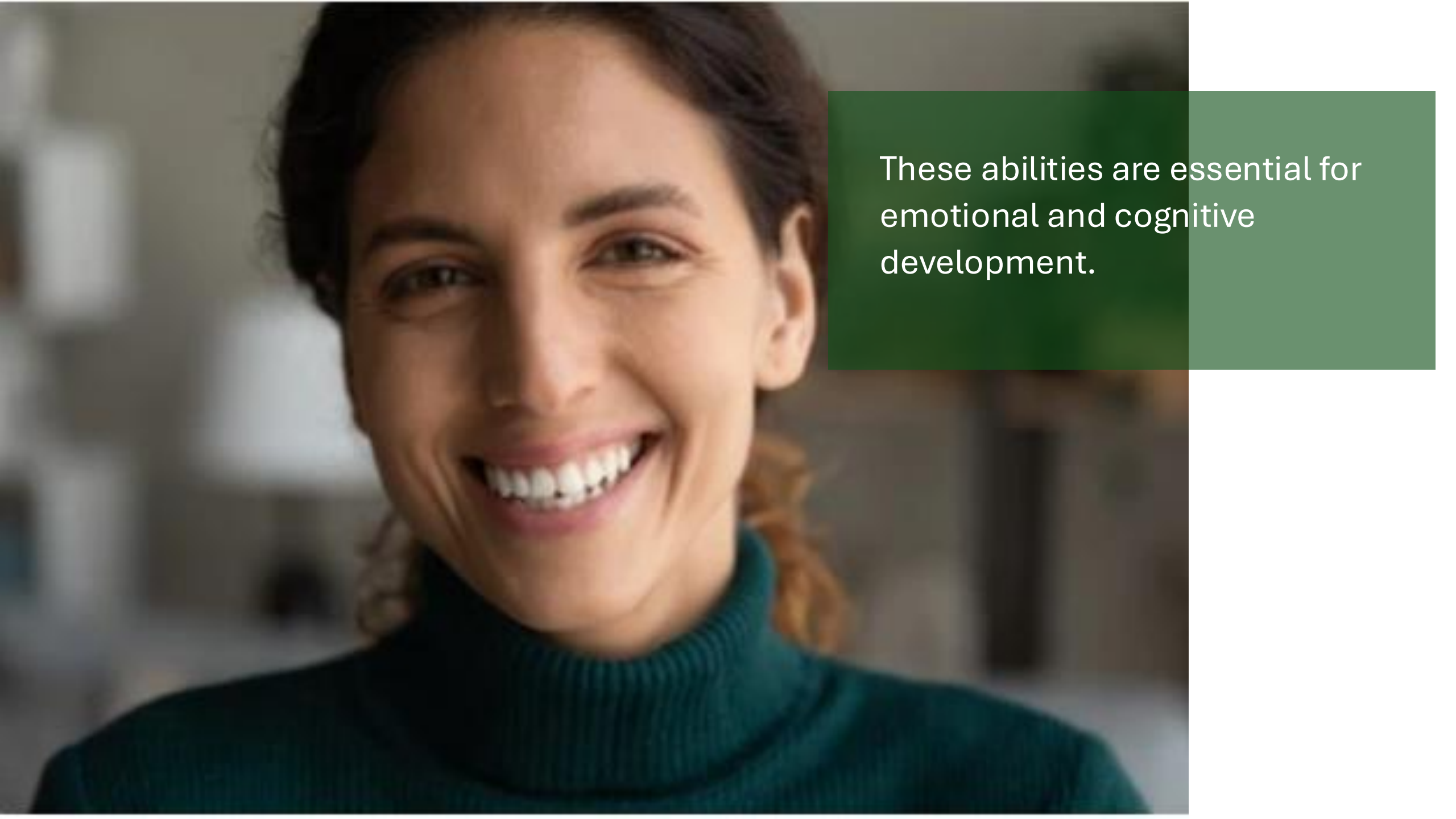
Breathing exercises are a core component of mindfulness.

A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.


They help children become
more aware of their feelings and
reactions in the moment.



Practising mindful breathing enables them to calm themselves, improve focus, and respond more positively to challenging situations.

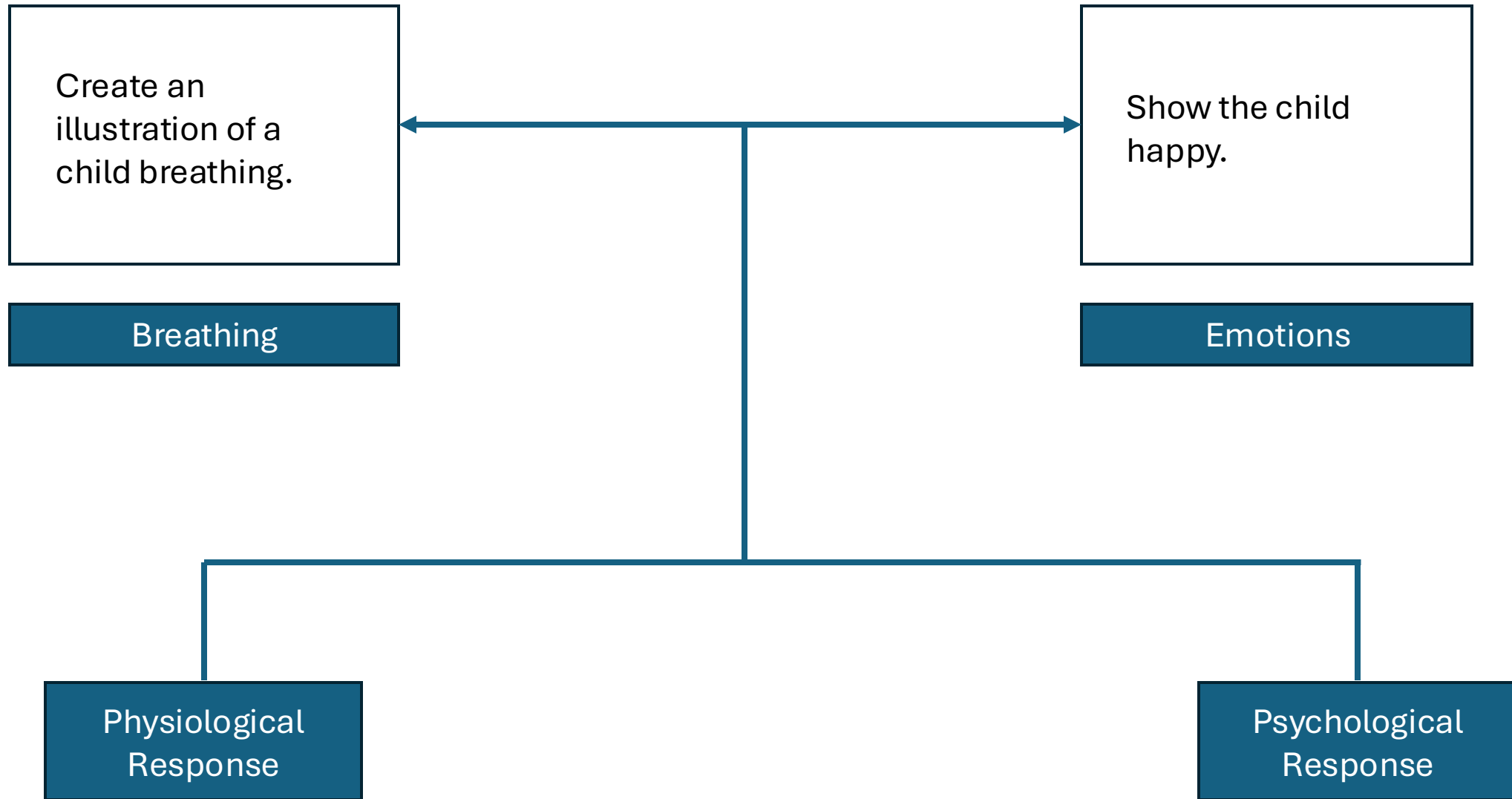
A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.

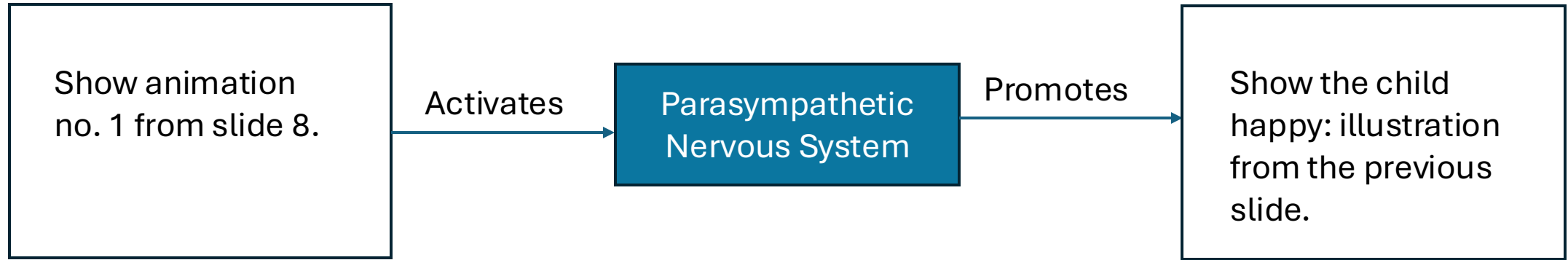
These abilities are essential for
emotional and cognitive
development.

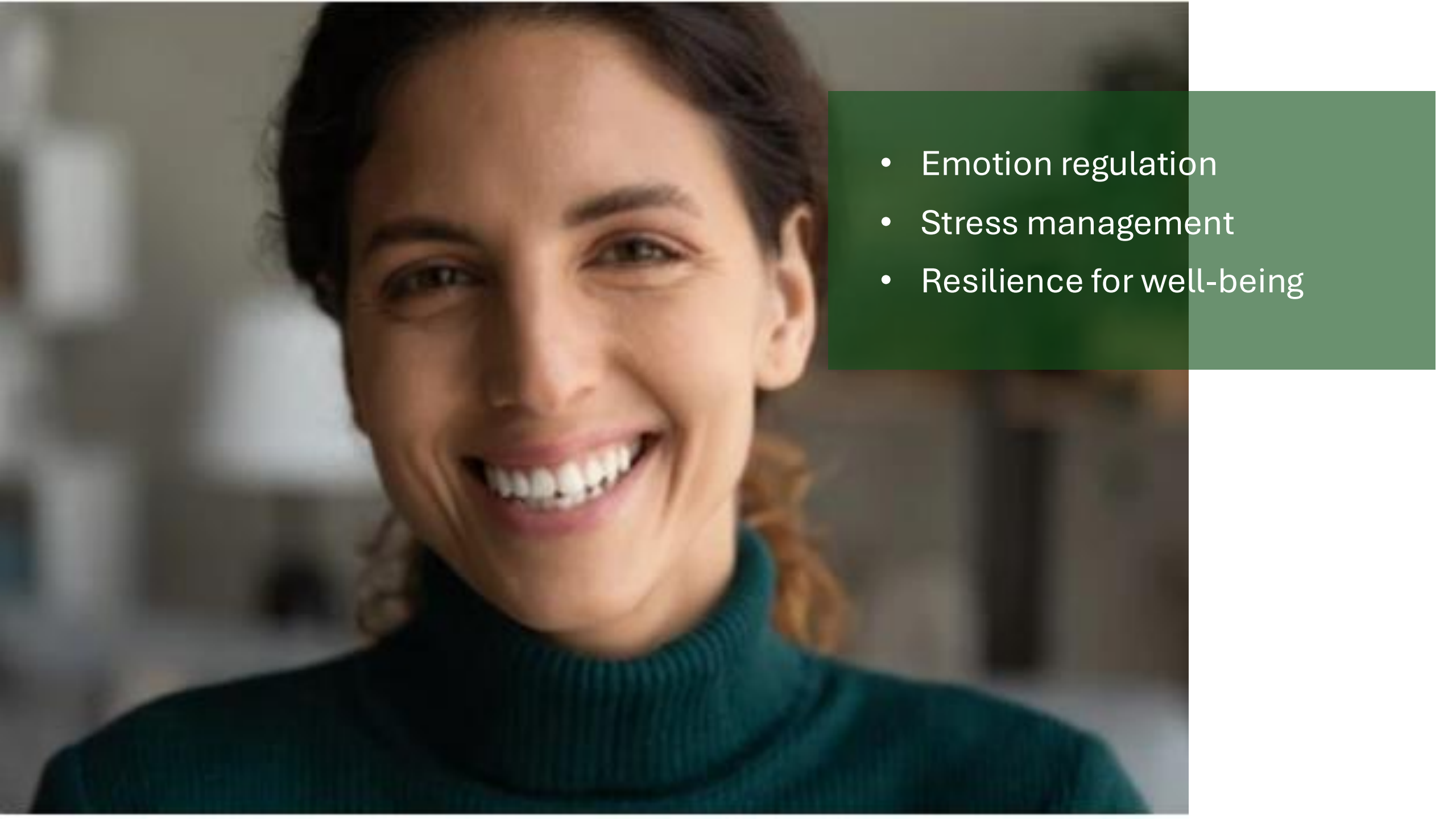
A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.

They form a solid basis for
successful learning and social
interactions.

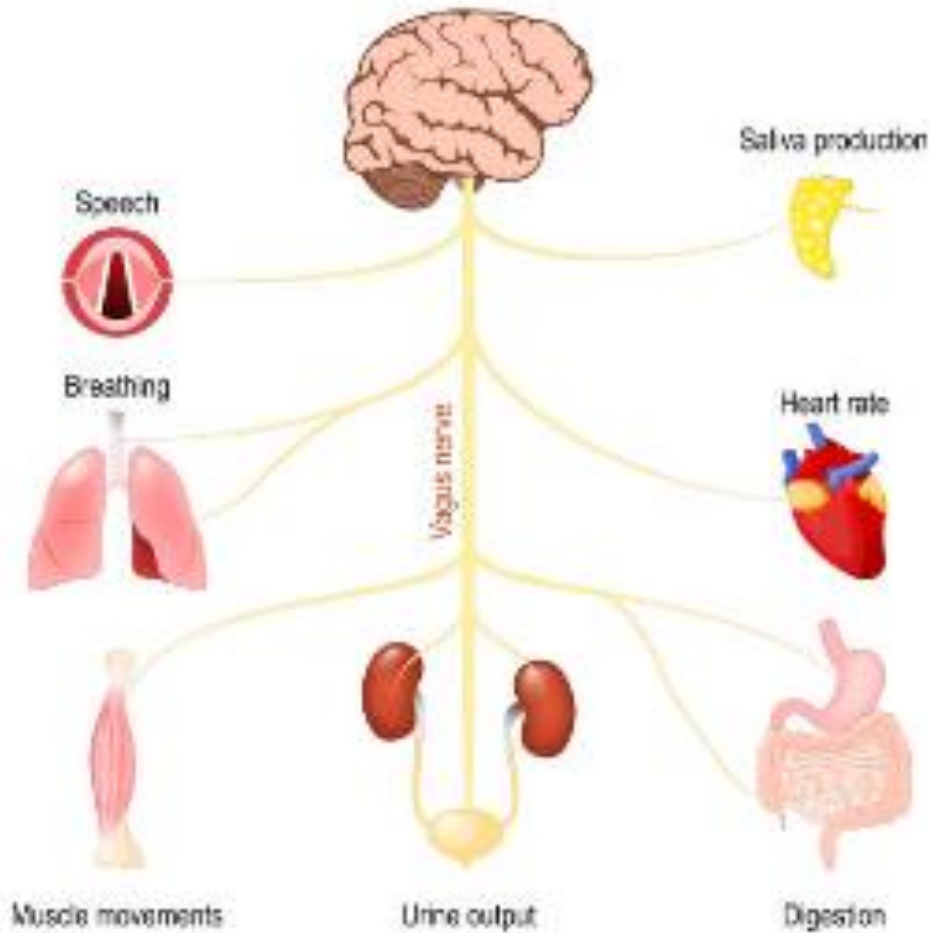
Screen 5: Breath-Emotion Connection





- 
- Emotion regulation
 - Stress management
 - Resilience for well-being

VAGUS NERVE



The vagus nerves serve as a primary pathway through which the parasympathetic nervous system exerts its calming and restorative influence on the body. They help counteract the effects of stress and promote relaxation.

Screen 6: Breathing Awareness: An Interactive Exercise



Breathing: Irregular, short, fast and shallow

● Anxious or angry

○ Joyful



Breathing: Regular, deep and slow



Sad



Joyful



Breathing : Dr Andrew Weil's breathing technique

○ 8-7-4

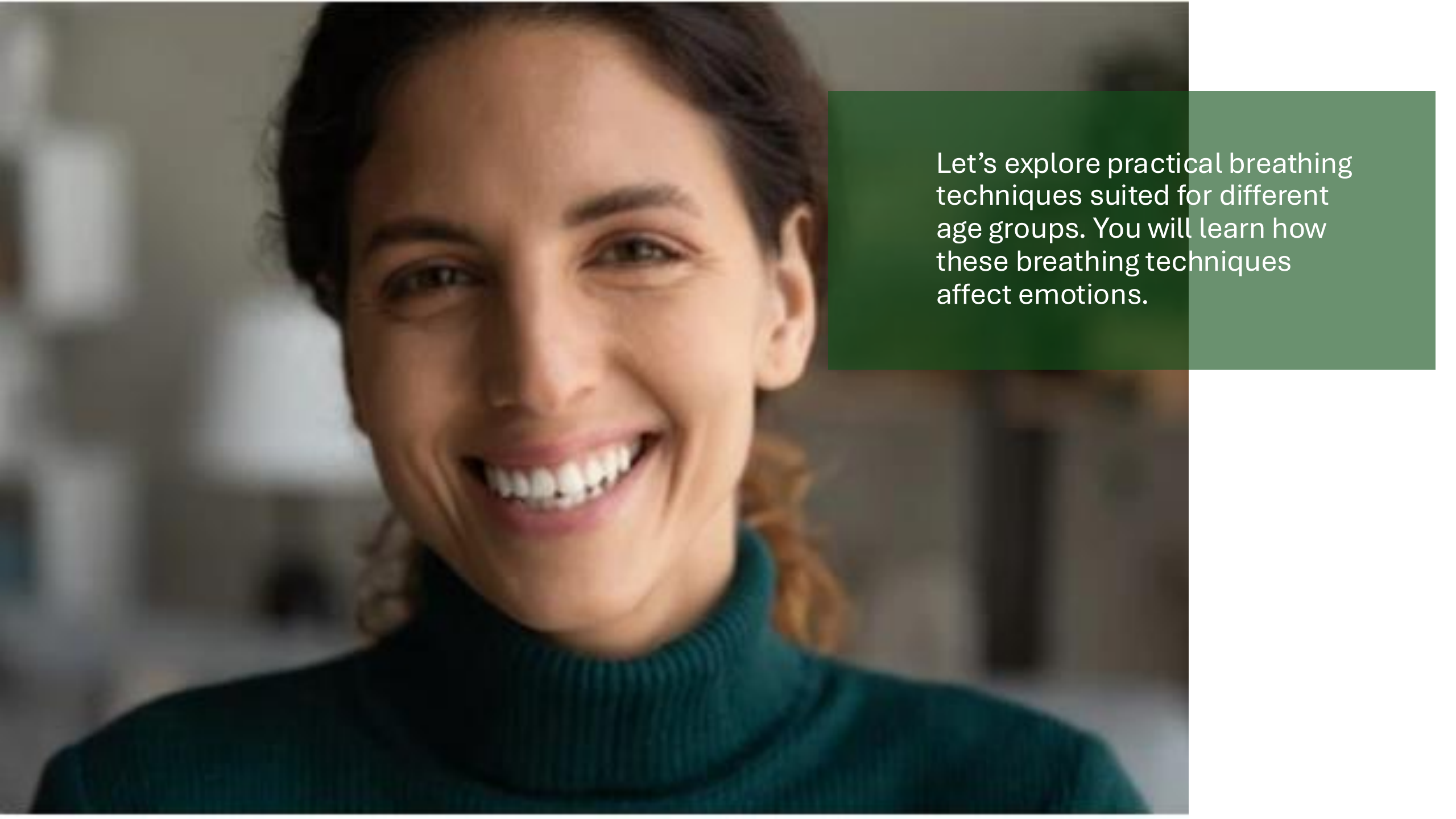
● 4-7-8

You scored --- out of 15.



Correct Answers	
Irregular, short, fast and shallow breathing	Anxious or angry
Regular, deep and slow breathing	Joyful
Dr Andrew Weil's breathing technique	4-7-8

Screen 7: Breathing Awareness Activities Introduction

A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.

Let's explore practical breathing techniques suited for different age groups. You will learn how these breathing techniques affect emotions.

Screen 8: Teddy Bear Breathing for Ages 0—2

Teddy Bear Breathing for Ages 0—2: Activity Description

Teddy Bear Breathing is a wonderfully soothing activity for infants and toddlers, offering a gentle introduction to mindful breathing.

Click each tab to continue learning.

Activity Details

Breathing Guidance

Benefits and Application



Teddy Bear Breathing for Ages 0—2: Activity Description

Teddy Bear Breathing is a wonderfully soothing activity for infants and toddlers, offering a gentle introduction to mindful breathing.

Click each tab to continue learning.

Activity Details

Breathing Guidance

Benefits and Application



Start by creating a comfortable and quiet space for the children. Have each child lie down on their back and place their favourite teddy bear or soft toy on their belly. Explain simply that they will see their teddy bear going for a little ride. As they breathe in, their belly will rise, lifting the teddy bear up, and as they breathe out, their belly will fall, bringing the teddy bear back down. This visual representation helps them connect with their breath tangibly and playfully.

Teddy Bear Breathing for Ages 0—2: Activity Description

Teddy Bear Breathing is a wonderfully soothing activity for infants and toddlers, offering a gentle introduction to mindful breathing.

Click each tab to continue learning.

Activity Details

Breathing Guidance

Benefits and Application



Gently guide them through the process, using soothing and soft language. For example, you can say, “Let's take a deep breath and make Teddy go up, up, up, and now let it out slowly; watch Teddy go down, down, down.” This rhythmic guidance helps them focus on their breath and introduces a sense of calm and relaxation.

Teddy Bear Breathing for Ages 0—2: Activity Description

Teddy Bear Breathing is a wonderfully soothing activity for infants and toddlers, offering a gentle introduction to mindful breathing.

Click each tab to continue learning.

Activity Details

Breathing Guidance

Benefits and Application



This simple yet effective activity helps calm their mind and body. It can be beneficial during times of restlessness or before naps and bedtime.

Incorporating Teddy Bear Breathing into their daily routine will help children develop an early awareness of mindful breathing, which can be a foundational skill for emotional regulation as they grow.

Screen 9: Box Breathing or Square Breathing for Ages 3—5

Box or Square Breathing Technique

FIVE STEPS

Create an illustration of a child inhaling through the nose. Indicate air with arrows. Run a counter for four seconds.

Inhale to a count of four.

Show the child gently closing their nostrils. Run a counter for four seconds.

Hold your breath for four counts.

Show the child **exhaling through the nose**. Run a counter for four seconds.

Exhale for four counts.

Repeat the animation from step no. 2.

Hold again for four counts.

Repeat the illustration from the first step.


Repeat the cycle.

Screen 10: More Breathing Awareness Activities



We have explained more breathing awareness activities in a PDF.

[Open PDF](#)

A pair of black-rimmed glasses is resting on an open book. A red bookmark is visible in the book. The background is blurred, showing more books and a wooden surface.

PDF Content
Starts from the
Next Slide



Breathing Awareness Activities



Let's explore practical breathing techniques suited for different age groups. You will learn how these breathing techniques affect emotions.

Balloon Breathing (Ages 3-5)

For children aged 3 to 5, 'Balloon Breathing' is a fun and effective way to practice deep breathing. Begin by giving each child a colourful balloon. Instruct them to take a deep breath and slowly exhale into the balloon to fill it. Explain that the balloon represents their breath; the slower and more controlled they breathe out, the larger the balloon will inflate. This helps them visualise their breath and understand the concept of controlled breathing.

Balloon Breathing Contd

Activity Details:

Show them how to breathe deeply through their nose, imagining their lungs filling with air like a balloon, and then exhale through their mouth into the balloon. They can watch as the balloon expands and contracts, mirroring their breathing. This exercise teaches them about breath control and how their breathing can affect their surroundings.

Benefits:

As they focus on filling the balloon, they naturally engage in deep breathing, which promotes relaxation and concentration. After a few rounds, encourage the children to notice how they feel. Do they feel calmer? More focused? This activity is a playful exercise and a practical way to introduce mindfulness and self-awareness to young children.





Flower and Candle Breathing for Ages 4—5

The 'Flower and Candle' exercise is a delightful and imaginative way to teach children aged 4 to 5 about mindful breathing. This activity combines children's natural curiosity with playful imagination to help them understand and practice breathing dynamics.

Activity Details

Record or discuss emotions. Next, give each child a pretend flower or have them imagine their favourite flower. Encourage them to hold the flower close to their nose and take a deep, slow breath as if they are smelling it. Describe how the flower might smell, whether it's sweet like roses or fresh like daisies. Inhaling deeply helps them learn to take full breaths, which is calming and relaxing.

Next, introduce the candle part of the exercise. Give each child a pretend candle or have them imagine one. Instruct them to slowly exhale as if blowing out a candle on a birthday cake, but gently so the candle doesn't go out. This teaches them the importance of controlled exhalation, an essential aspect of mindful breathing that helps relax and focus.

Flower and Candle Breathing Contd

Benefits and Application

This imaginative exercise does more than teach children how to breathe deeply. It engages their senses and creativity, making learning enjoyable and memorable. It's also a practical tool they can use whenever they need to calm themselves, such as before a challenging task or during a quiet time.

Integrating this activity into daily routines or transitions can help children develop an awareness of their breathing patterns, promoting relaxation and focus. It's an excellent way for children to learn self-regulation skills through a fun and accessible practice.






Diaphragmatic Breathing (or Belly Breathing)

This technique involves deep breathing that engages the diaphragm, allowing the lungs to expand fully and the belly to rise and fall. To practice, one sits comfortably or lies down, places a hand on the belly, and breathes deeply through the nose, ensuring that the diaphragm (not just the chest) inflates with enough air to stretch the lungs. The exhalation is slow and goes through the mouth. This method effectively reduces the 'fight-or-flight' response and induces relaxation.



PDF Content Ends

Screen 11: Conclusion

A close-up portrait of a woman with dark, curly hair, smiling warmly at the camera. She is wearing a dark green turtleneck sweater. The background is softly blurred, showing what appears to be a bookshelf. A semi-transparent green rectangular box is overlaid on the right side of the image, containing white text.

By embracing mindful
breathing practices, you equip
young minds with crucial
emotional and cognitive
growth tools.

Screen 12: Inspiring Action in Educators

Listen to a recorded conversation
between two educators.



Play

Character	Dialogue
Male	You know, integrating mindfulness practices into our daily routines can really make a difference for our students.
Female	Absolutely! It's incredible how something as simple as breathing exercises can profoundly impact their well-being.
Male	Starting with short and simple activities is key. We don't want to overwhelm them, but rather, we want to ease them into the practice.
Female	We can begin with brief breathing exercises during transition times or before starting a new activity.
Male	And as they become more familiar with the practice, we can gradually increase the duration and complexity of the exercises.
Female	It's all about creating a supportive environment where mindfulness feels natural and accessible.
Male	I also think it's important to encourage consistency. By making these practices a regular part of their day, we help them build lasting habits.
Female	And providing gentle guidance along the way will help them feel comfortable and confident in their practice.

Character	Dialogue
Male	That's the goal—to weave mindfulness into their learning experience seamlessly, so it becomes a natural part of their lives
Female	Exactly. And by inspiring action in ourselves as educators, we can truly make a difference in their lives.



End of Storyboard