

# Breathing Activities

## Roller Coaster Breathing

**Purpose:** To teach students how to control their breathing patterns.

Since a rollercoaster shape is asymmetrical, it requires the student to stay engaged with the activity. This activity forces students to focus on inhalation and exhalation.

Note: As the roller coaster is asymmetrical, it will not necessarily slow the heart rate down.

### Preparation:

In preparation for this activity, the following materials are required:

- Photocopies of the roller coaster track (included in the breathing duotang) at either the standard size or enlarged to 11x17 (1 track/student).
- Cut the copies in half so that each track is separated.

### Instructions:

1. Give each student one roller coaster track photocopy.
2. Demonstrate how to use the track to breathe. Inhale on the inclines and exhale on the declines.
3. Allow students to try on their own, ensuring that they are proceeding slowly through the course of the track.
4. Have students start at the opposite end following the track. Students repeat by going back and forth, while taking breaks in between to breath normally.

### Modifications:

1. Once this activity has been mastered by the class, the roller coaster track can be used by individual students to regain control of their breath.
2. Have students work together with one roller coaster. The first student counts to determine how long the second student inhales and exhales using the roller coaster as a guide. Then the students switch roles.

Adapted from:

<https://www.yogifrogzkids.com>

