

# Breathing Activities

## Star Breathing

**Purpose:** To teach children how to control their breathing pattern.

Since a star shape is symmetrical, the activity slows both the heart rate and breathing rate. It is a useful tool to focus on inhalation and exhalation.

### Preparation:

You will need:

- Single laminated copy of the breathing star
- Foam stars (1 star/student)

### Instructions:

1. Stick the laminated poster onto the whiteboard or bring up image on the smartboard: <https://omazingkidsyoga.files.wordpress.com/2013/10/five-count-breathing-visual-support-resized-and-reconfigured-to-fit-on-6-75-inch-foam-stars-from-creatology1.pdf>
2. Hand out one foam star to each child.
3. Demonstrate how to use the star to breathe. Using the laminated poster of the breathing star, place your finger at one of the points, and inhale while tracing your finger towards the core of the star and exhale while tracing your finger outwards. Each breath along the length of the star should take approximately five seconds.
4. Allow students to try on their own, ensuring that they are proceeding slowly along the star.
5. Encourage students to breathe deeply and fully when inhaling and extending their exhale as long as possible.

### Modifications:

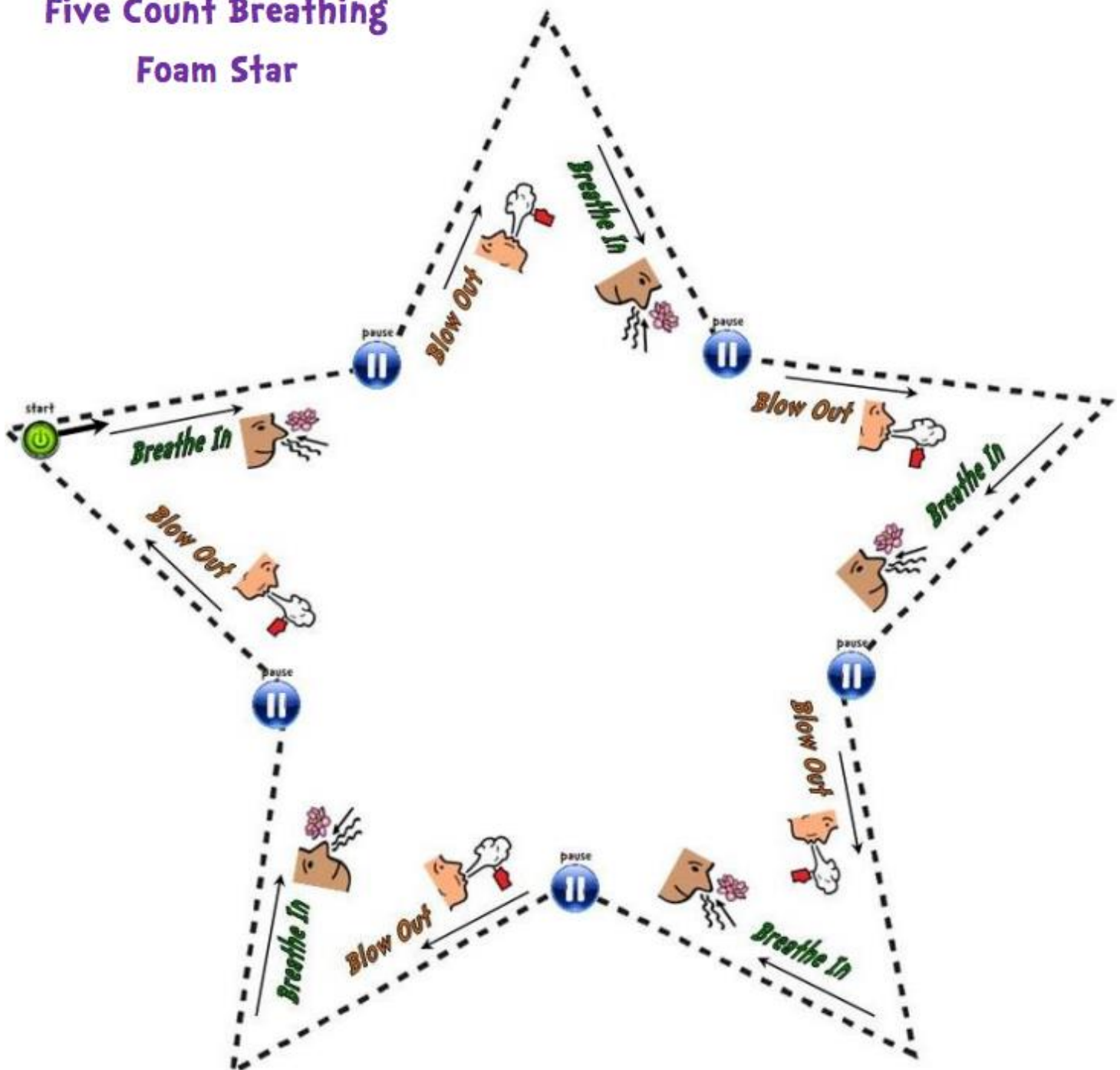
1. Once this activity has been mastered by the class, the star can be used by individual students to regain control of their breath.
2. Students can work in pairs with one student counting the length of the breath inhale and exhale.
3. Print a copy of the star and mount it on the desks of students who would benefit from using this strategy to regulate their breathing.

Adapted from:

<https://www.yogifrogzkids.com>

# Breathing Activities

## Five Count Breathing Foam Star



Reference:  
<https://omazingkidsllc.com/>