

Breathing exercises

Breathing to relax

Preparation for visualization

Read the following relaxation exercise using a slow and low tone of voice. Depending on the dynamics of your classroom, children may either be lying on the floor or sat at tables, hence the alternatives at the start of the relaxation exercise.

Lie on your back or rest your head on your arms and the table in front of you. Make sure you feel comfortable ... wriggle your body around until you feel comfortable.

Now that you are lying or sitting still, close your eyes and let your body become nice and floppy.

You are beginning to relax. Now let's make our bodies nice and calm. Focus on your breathing ... think about your breathing ... about the air going in (*pause and hold own breath*) and out (*pause as you breathe out*) ... in (*pause and hold own breath*) and out (*pause as you breathe out*).

Take a nice big breath and hold it (*breathe in loudly so that the children can hear it*) ... and breathe out (*blow out so that the children can hear it*).

Let's do that again ... a nice deep breath in (*breathe in loudly and slowly to model the breathing*) ... and breathe out, nice and slowly (*breathe out loudly and slowly to model the breathing*). Think about the air coming in through your nose and travelling all the way down into your lungs ... breath in ... and going out through your mouth ... travelling all the way back up from your chest to your mouth ... breathe out ... and again ... coming in through your nose ... breath in ... and going out through your mouth ... breathe out.

(Now pause before beginning to read chosen visualization sequence.)

Visualization sequences

Peaceful green

Start with 'Breathing to relax' sequence (page 11) followed by:

Imagine you are sitting on a comfortable chair in a room. Today the room is a peaceful green colour. Most of the objects in your room are shades of green.

(pause)

Look around the room ... notice the pale green walls ... and the emerald green carpet beneath you. All the greens begin to remind you of natural things ... the greens of leaves on trees ... the greens of fresh green grass in the spring ... the greens of fruits ... apples, pears and kiwis. Look down under your chair ... and around the chair ... look as tiny shoots of grass grow up through the carpet.

(pause)

What objects are in your room?
Are these objects green or are they different colours?
What other shades of green can you see in your room?
Try to remember what your room looks like.

(pause)

Green is a positive colour ... it makes you feel balanced. Feel strong and happy and have a fun time with your friends today!

End with 'Waking up' sequence (page 12).