



Icebreaker: Just breathe

What is your stress level right now? Is your neck tight?
How about your jaw? What are you thinking about?

Let's try this simple breathing exercise and see what happens.

Sit comfortably, and close your eyes.

Take a long, deep breath in, and let it all out with a sharp *hah!* through your mouth. Do it again, but this time breathe out with a long sigh: *haaaaaaaaaah*.

Now, without trying to change your breathing, just pay attention to it.

Follow your breath as it comes in your nose, into your lungs, and flows out again. Imagine you can see it travel through your body.

Notice your ribs and belly as they lift and fall with your breath.

Just watch your breath flow in and out.

Do this for five breaths.

Open your eyes. Do you feel any different?

This quick time-out can be done anywhere. When we focus on our breath, it helps us become more calm, relaxed, and centred. It helps us think more clearly when we are feeling stressed.



Let's talk about it

- What did you notice when you were doing the breathing?
- Do you think this exercise would work better with practice?