

ONE PAGE SUMMARY

Kids Learning > Mindfulness > Breathing Exercises

What is Breathing Exercises

Breathing Exercises: Your Calm in a Busy World!

DEFINITION

Breathing exercises are simple techniques that help you relax and focus by controlling your breath. They are useful for managing stress and improving mindfulness.

KEY CONCEPTS

Deep Breathing

Inhale deeply through your nose, allowing your belly to rise, then exhale slowly.

Counted Breaths

Count to four as you inhale, hold for four, and exhale for four.

Visualization

Imagine a peaceful scene while you breathe to enhance relaxation.

Mindful Breathing

Focus solely on your breath, noticing each inhale and exhale without distraction.

Breath Awareness

Pay attention to how your breath feels in your body, promoting mindfulness.

EXAMPLES

- Take five deep breaths before a test.
- Practice counted breaths for one minute when feeling anxious.
- Visualize a calm beach while breathing slowly.

MEMORY TIPS

- ★ Use the acronym B.E.A.T. - Breathe, Exhale, Awareness, Tranquility.
- ★ Think of your breath as a wave: it rises and falls.
- ★ Associate deep breathing with a favorite color to enhance focus.

COMMON MISTAKES

- ✗ Holding breath instead of exhaling fully.
- ✗ Rushing through the exercises without focusing.
- ✗ Not finding a quiet space to practice.

QUICK RECAP

Breathing exercises help you relax and focus by controlling your breath. Techniques like deep breathing and visualization can enhance mindfulness and reduce stress.