



MEET YOUR BRAIN

Activity Guide 3

Happy Breathing

Key stage 2 • Years 3 - 6

ACTIVITY 3: Happy Breathing

Learning objective:

- ▶ Children understand the ways in which they can look after their brains.
- ▶ Children understand how happy breathing helps them.
- ▶ Children learn how to slow their breathing down and be still.

Learning approach:

Introduce happy breathing using the following explanation:

- ▶ Our brain helps us with many jobs and sometimes it gets tired. So we need to make sure we are looking after it, just like we look after our bodies.
- ▶ There are two main ways for our brain to rest. The first is sleeping and the second is happy breathing.
- ▶ Happy breathing is a special way to relax our brain and it also helps to relax our bodies.
- ▶ Happy breathing is really helpful, especially when we have had a busy time or we feel a little sad.

After introducing happy breathing and explaining how it helps us, we encourage you to try it with your child!

They should be asked to sit or lie down comfortably and not too close to anyone else to avoid disruption.

We have provided you with two happy breathing exercises. We have provided both the scripts and the audio files for these exercises. We encourage you to use the audio files at first but you can also use the scripts if you are comfortable doing so.

For Key Stage 2 children, challenge them to create their own Happy Breathing exercise. It's trickier than you might think! Have them write it down, and even record it onto a phone or tablet. Once they are happy with their exercise, invite them to explain Happy Breathing to another family member, and to read their Happy Breathing exercise out to them.

Top tips:

- ▶ Remind your child that, like anything, if they keep practising happy breathing their brain will remember and get better at it for next time. (This is called 'Neuroplasticity - we'll come on to this in a later activity)
- ▶ We encourage you to use happy breathing when and where you feel it's necessary. This may be to calm down after getting excited, or if your child is feeling sad or worried.
- ▶ If you are about to conduct an activity that requires particular focus, you may find that using happy breathing before this is really helpful.
- ▶ These activities are short and do not take a lot of time, we encourage you to use them as much as you can! Print out the Habits At Home sheet to keep track!

**“In a world full of doing, doing, doing
it is important to take time to just
breathe and just be.”**

We'd love to see photos of the activities in action! Why not share your pictures at:

