

## i stop and feel my breathing

We sing a song\* to learn that when we stop and feel our breathing, we feel more calm and focused.

LIFE SKILLS

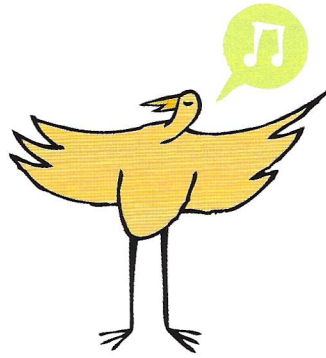


DURATION 5 to 10 minutes

AGE Young children

### LEADING THE GAME

1. Talking points: *What do you feel like when you're excited? It can be hard to control our voices and our bodies when we're excited, right? Sometimes when I'm feeling excited, and I need help controlling my voice or my body, I stop and feel my breathing.*
2. I'm going to sing a song called "I Stop and Feel My Breathing."  
It goes like this:  
*I stop (palms facing out like a stop sign)  
And feel my breathing (hands on belly)  
Peaceful and calm I'm ready to . . . (eat, read, learn, etc.)*
3. Let's sing it together.
4. Talking points: *How do you feel after you stop and feel your breathing? How do you think this might help you in everyday life?*



#### TIPS

1. The last phrase of the song depends on what the children are going to do next. For example, if they are going to read a book, the last phrase would be: *Peaceful and calm, I'm ready to read.*
2. Children can use *I Stop and Feel My Breathing* and/or *Mindful Breathing* to manage emotions that come up when they feel uncertain, out of control, or are starting something new.

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\*Listen to the song at [www.susankaisergreenland.com/downloads](http://www.susankaisergreenland.com/downloads).