

breathing with a pinwheel

We blow on a pinwheel to notice that different ways of breathing—quick, slow, deep, and shallow—affect how our minds and bodies feel.

LIFE SKILLS



DURATION 5 minutes

SUPPLIES One pinwheel for each child and one for the leader

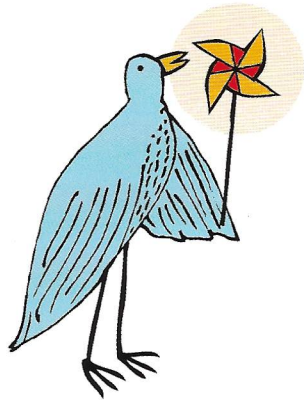
AGE Young children

LEADING THE GAME

1. Sit with your back straight and your body relaxed and pick up your pinwheel.
2. We'll blow on our pinwheels together using long, deep breaths and notice how we feel.
3. Talking points: *Does your body feel calm and relaxed? Is it easy or hard for you to sit still after breathing deeply?*
4. Now let's blow on our pinwheels using short, quick breaths.
5. Talking points: *How does your body feel now? Did you feel the same way after breathing quickly as you did after breathing slowly?*
6. Let's blow on our pinwheels now breathing normally.
7. Talking points: *Was it easy to keep your mind on breathing or were you distracted?*

TIPS

1. Have a longer discussion about the different types of breathing.
Talking points: *Can you think of a time when breathing deeply would be useful in daily life? Maybe to calm down when you're upset, or to help you concentrate. What about breathing quickly? Maybe when you're tired and want to feel a little more energized.*
2. When leading more than one child, ask them to put their pinwheels down before each set of talking points.



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