

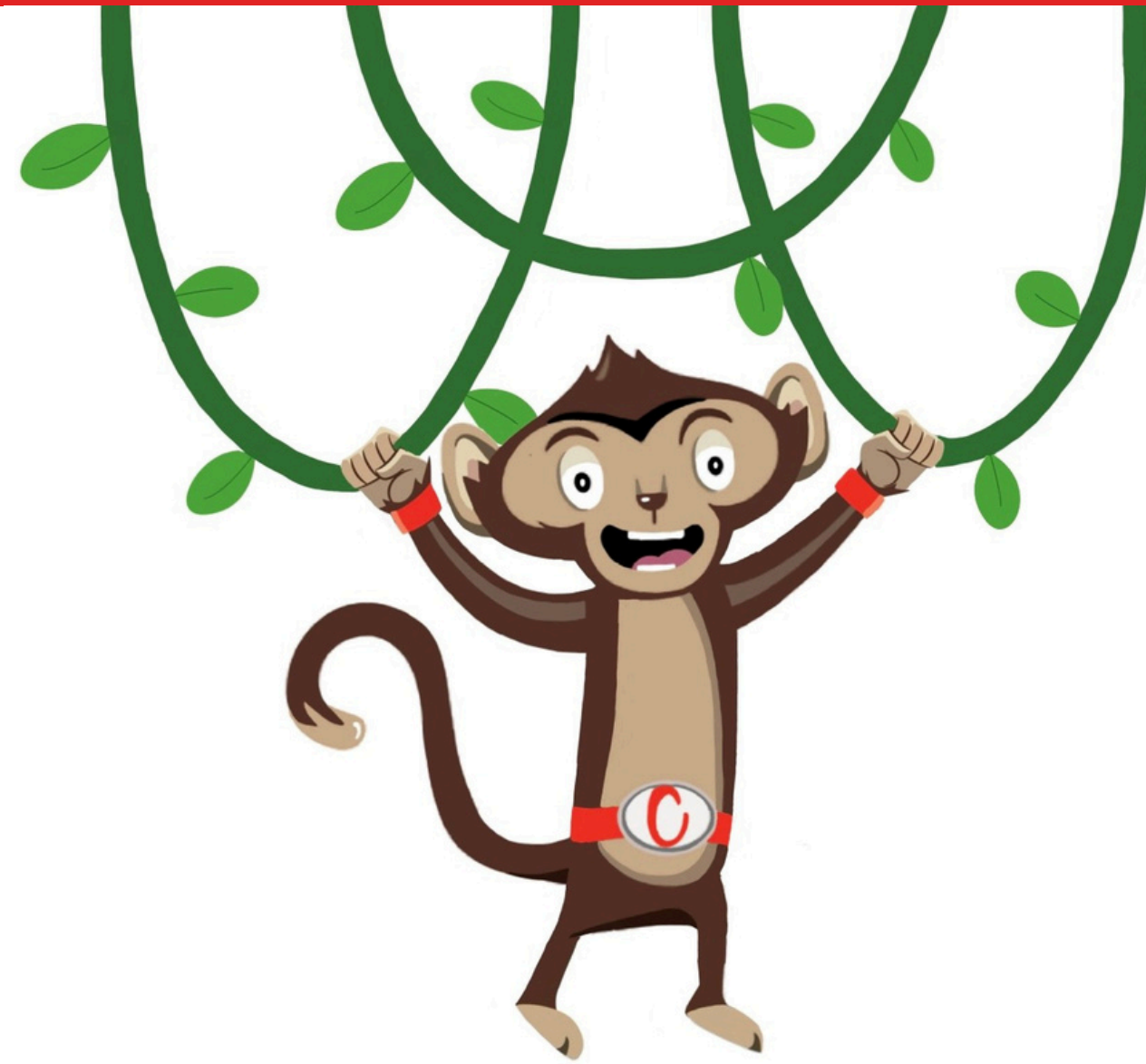
# Dragon Breathing



Chill with Chester



3-5 minutes



## Instructions

For this relaxing active break imagine you are a fire breathing dragon. This mindfulness breathing technique, involves taking a big deep breath in through your nose and then exhaling forcefully through the mouth, just like a dragon breathing fire. This can be repeated as many times as the teacher wishes.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions
- If pupils feel unwell to make their teacher aware



## Teacher Tips

This activity is suited to all ages. See activity sheet for more information.

Foundation: encourage pupils by using their imagination and mindfulness.  
KS1 & KS2: this can be paired with breathing in positive energy and exhaling negative energy (or thoughts/feelings).

# Dragon Breathing

Relax and unwind along to the steps below for a mindful breathing technique with your class. This promotes self regulation, emotional wellbeing and can be used as an activity to wind down after an energetic period. This can be accompanied with relaxing music in the background.

- 1. Stand behind your desks, arms by your sides and relax your shoulders**
- 2. Take a deep breath in through your nose, fill your lungs full of air**
- 3. Exhale forcefully through your mouth and make a “ha” sound**
- 4. Imagine you are releasing all of the tightness out of your muscles**
- 5. Repeat this technique**

