

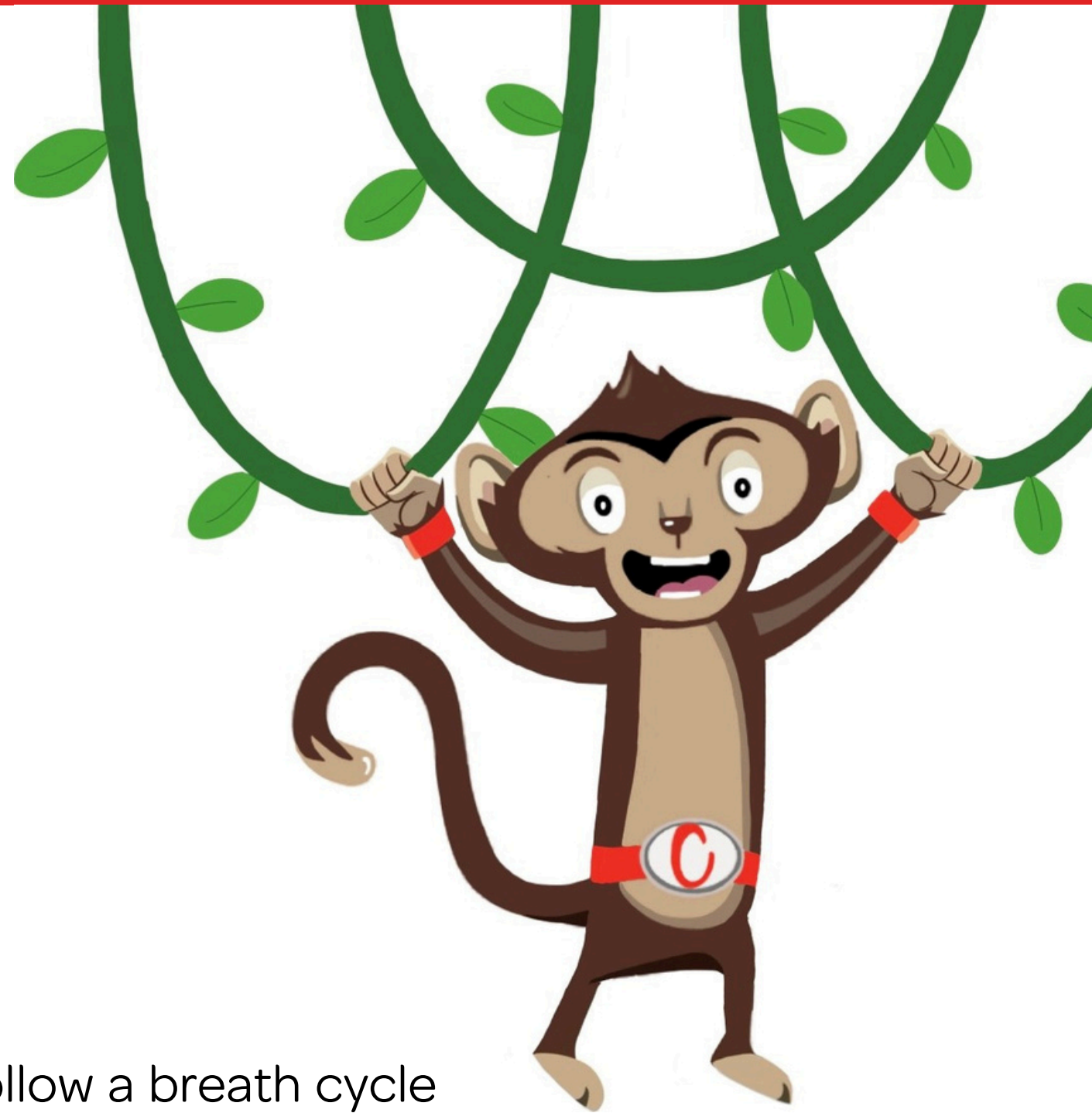
Squared breathing



Chill with Chester



2 - 5 minutes



Instructions

This activity is a breathing exercise where the pupils follow a breath cycle to ground them in the present. It is designed to help calm or relieve stress and can help pupils become more aware of their bodies and minds. This can be repeated as many times as you like.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Push in all chairs
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.

Teacher Tips

Suitable for all ages. See the activity sheet for more information.

- This activity can be accompanied with relaxing music in the background
- Pupils are seated with their eyes closed (this can be on the floor if there is space, or just sitting in their chair)
- Pupils should complete at least 5 breath cycles to help them feel most relaxed
- If 4 seconds for each segment is too long then this can be adjusted to suit the level of the pupil
- Encourage children to take their time

