

Dear Parents and Carers,

This week we have some simple breathing exercises to help you feel calmer or more energised.

Seven Eleven Breathing



Breathing exercises can help us to self-regulate. The ‘Seven Eleven’ exercise is a type of diaphragmatic breathing which involves inhaling for 7 counts and then exhaling for 11 counts.

This is a useful activity for children or adults to use throughout the day. You may also choose to add it to your morning or bedtime routine. Click on the link if you would like to see a demonstration and explanation.

<https://www.youtube.com/watch?v=-F9CuWE3UCg>

Bubble Breathing



Imagine you are holding a bubble wand.

Close your eyes and take a deep breath.

Hold your breath for a second.

Gently breathe out as if you are blowing a huge bubble.

Imagine you can see the shimmering bubble floating in front of you.

Now try again.

This time, try to blow the smallest bubble.

Repeat the activity as many times as you need to.

Body Scan



Sit so that you are comfortable.

Breathe naturally.

Close your eyes or lower your gaze.

Bring your awareness to your feet. Notice how they feel.

Slowly, bring your awareness to your ankles, shins and thighs. Notice how they feel.

Bring your awareness up through your torso and notice how it feels.

Then bring your awareness to your arms and hands. How do they feel?

Next, bring your awareness to your neck and head. Notice how they feel.

Now bring your awareness to your whole body. Notice how it feels.

When you are ready, you can count backwards from 3 to 1 and open your eyes.

Take 10



Place your hand on your tummy.

Take 10 deep breaths.

Notice how your tummy feels.

Notice how your hand moves up and down with your breathing.

Notice how your nostrils feel as you are breathing.

Repeat until you feel calmer or more energised.