

Theme of the Day: YOU



**SevenDays.**  
MAKE A RIPPLE, CHANGE THE WORLD

## Educational Resources- K - 6th Grade

**Activity:** A few minutes to breath

**Subject:** Any

**Prep Time:** 5 min.

**Activity Time:** 10-20 minutes

### Activity Description:

Take a few minutes to browse the website, <https://livingthenourishedlife.com/5-ways-youll-benefit-from-daily-deep/>

Explain to the students the benefit to taking 5-10 minutes to breath deeply.

1. Your muscles relax
2. Oxygen delivery improves
3. Blood pressure lowers
4. Endorphins are released
5. Detoxification improves

Lower the lights in your class and shut the door so it will be quite. Walk through the process with your students. Give your class 5-10 uninterrupted minutes for the activity.

1. Have students lie down in a comfortable, quiet place.
2. Tell students to start relaxing their muscles by focusing on places that hold tension and releasing that tension.
3. Instruct students to inhale deeply and fill their lungs with air. Count slowly to five as they inhale. Make sure the kids know to bring the air into their abdomens, not just their chests.
4. Exhale deeply. Tell them to empty their lungs completely while counting to five. They should release the tension from their muscles as they exhale.
5. Instruct them to continue to inhale and exhale deeply for several minutes , counting slowly each time. Ask the students to focus on the breathing and counting.

Once the breathing exercise is done, ask the students how they feel. Are they calmer? Does their body hold less tension? Encourage them to continue to take time to focus on themselves to relieve stress.

*Email information or photos of what you did to [info@givesevendays.org](mailto:info@givesevendays.org) or share on Facebook at GiveSevenDays. Please include your school name. Use #GiveSevenDays and #BeTheRipple when posting on social media.*