

Bear Breathing

Bear breathing is perfect for this young age group, it is simple, comforting, fun and it draws attention to the breath. You may need to arrange for children to bring their favourite teddy bear to kindy when you are planning on doing this practice, or you might decide to keep some teddy bears with you when you are teaching, or there may be some teddy bears around the kindergarten that you can use. Children will need to lay on their back for this practice.

- ✧ To begin, ask children to get a teddy bear
- ✧ Next, invite children to lay down
- ✧ Draw their attention to their breath, ask questions such as, can you feel yourself breathing? Does your belly go up and down when you breathe?
- ✧ Next, ask children to place their bear onto their belly and then ask them to watch as the bear rises when they breathe in and falls as they breathe out, spend a few moments here
- ✧ If children are comfortable, you can invite them to place their hands on their bear and close their eyes, feeling for a moment their teddy bear rising and falling as they breathe
- ✧ When you are ready, ask the children to gently roll onto their side and take a moment before coming to sit up
- ✧ Once kids are sitting up allow some time for them to talk about what they experienced

