

Belly Breathing



Lesson Objective:

To teach an emotion-focused coping skill that can help kids calm themselves and settle their bodies.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Belly Breathing and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Card](#)
- [Reflection Sheet](#)

English materials are linked above. You can access materials and videos in Spanish on the [FYBS website](#).

Time:

15-25 min

Steps

Introduce Belly Breathing (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach kids something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:
- *Today we are going to be learning a new strategy to help us feel our best self. We can learn how to deal with heavy feelings – like feeling sad, mad, worried, or scared. Sometimes those heavy feelings make us not feel our best, so we can try a way to make them feel lighter.*

This is also a good time to check kids' understanding of heavy and light feelings. We offer some sample questions to generate discussion here, or you can revisit Intro: Feel Your Best Self.

- What does it mean to have heavy feelings?
- What does it look like when you're feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you're feeling lighter feelings?
- What about when you're feeling in the middle?

Show the Belly Breathing Video (5 min)

- This will require a computer, speakers, and a projector.

Check for Understanding (3-5 min)

- Ask about events that occurred during the video. For example:
 - How did Nico feel after the block tower fell?
 - What did CJ suggest to help Nico feel better?
 - What parts of Belly Breathing seemed to help Nico?

Provide the Belly Breathing Strategy Card (1 min)

- Hand out the strategy card.

Practice Belly Breathing (3-5 min)

- Inform kids that you are now going to practice the strategy together.
- Read all steps aloud to remind kids of the strategy steps.
- Read the first step on the strategy card aloud and have kids engage in the action listed in that step.
- Repeat for all remaining steps on the strategy card.

Practice Belly Breathing with a Puppet!

If you have chosen to incorporate puppet-making into your use of FYBS, here are some ideas you can use to have kids practice the strategy with their puppet:

- To have a puppet Belly Breathe, first you need to put your hand on the puppet's stomach.
- Next, open your puppet's mouth, and as you take a big breath in, raise your puppet up.
- Hold your puppet there for five seconds as you hold your breath, and then breathe out, lowering your puppet back down.

- Reflect on how Belly Breathing worked and how you might use it in your own lives (5 min)**
 - We offer some sample questions to encourage reflection:
 - Can anyone share a time when you felt like Nico did when the block tower fell?
 - What do you think about Belly Breathing?
 - What do you like?
 - What might you change?
 - How do you think you could use it?
 - When do you think it could be helpful?
 - When or where can you use Belly Breathing?
 - Is there a time today that you could try it?
- To engage in additional reflection, use the **Belly Breathing Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.