Breathing Techniques

Deep breathing helps get more oxygen into the bloodstream, opening up the capillaries. It has a physical effect on the body to help you to calm down and lower stress. Deep breathing is a good strategy to help our pupils to calm and regulate their feelings.
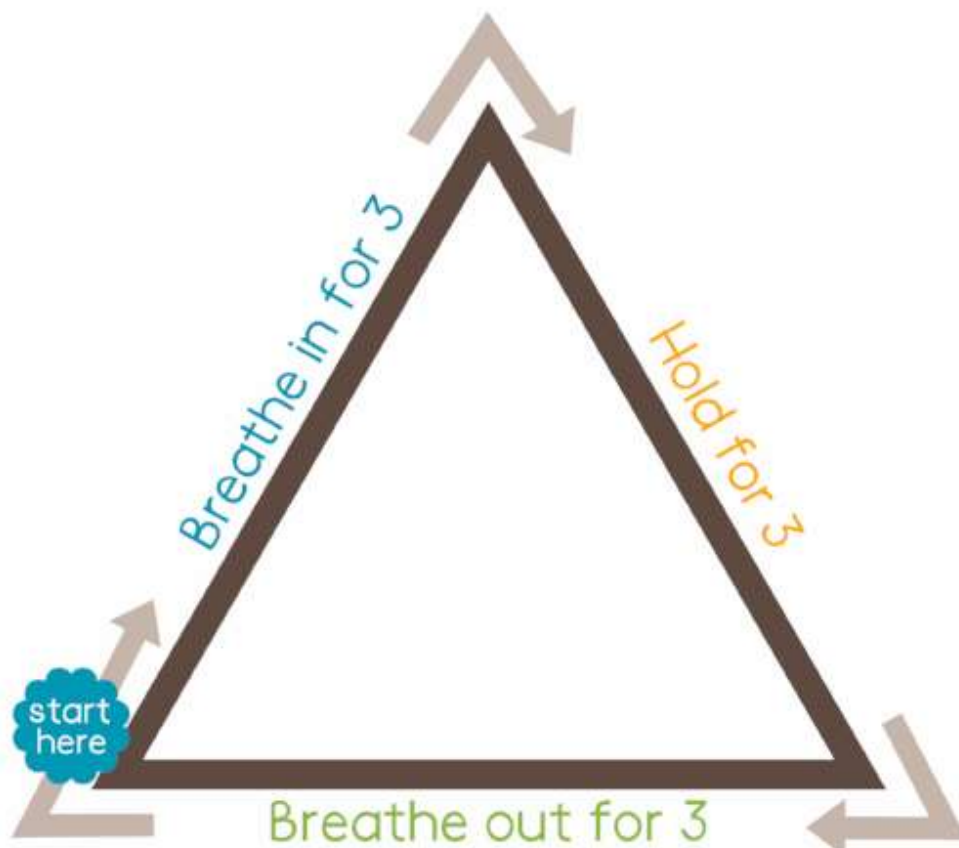
TRIANGLE BREATHING

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

Breathe in for 3

Hold for 3

start here

Breathe out for 3
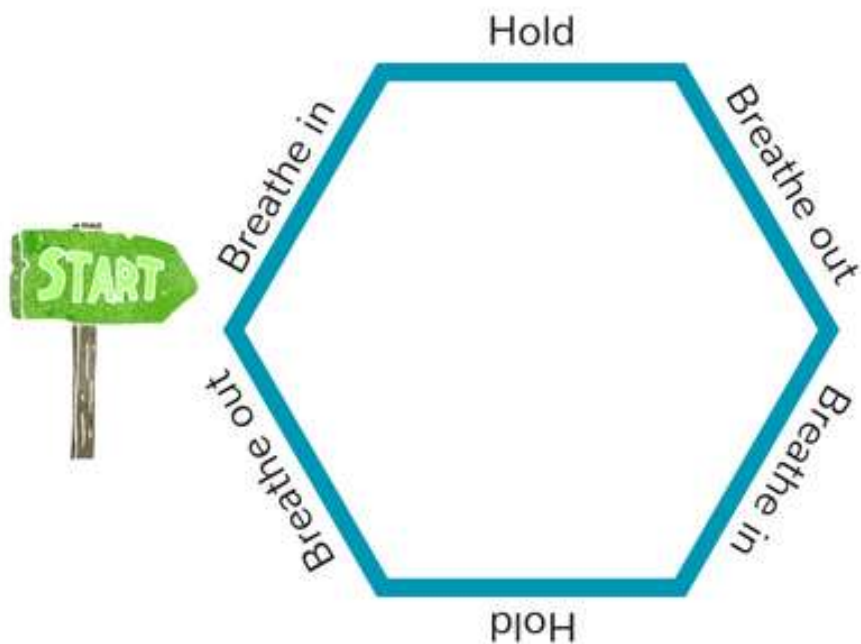
6 SIDED BREATHING

Start at the left hand side of the hexagon.

Trace your finger over the "breathe in" side as you take a deep breath in.

Hold your breath as you trace the second side of the hexagon.

Breathe out as you trace the third side of the hexagon.

Then repeat for the bottom part of the hexagon.

START

Hold

Breathe in

Breathe out

Breathe out

Breathe in

Hold

LAZY 8 BREATHING

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the 8 with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.