



BREATHING



Today your child learned that our minds and bodies work together and influence each other in powerful ways, and that breath is an important link between them.

How you breathe can make a difference in how you feel. When you are stressed, nervous, frightened, worried or angry, you may notice that your breathing gets low and fast. Your breath will come from higher up in your chest when you are upset. In calmer times, your breathing will be slower and deeper. Your breath will come more from your stomach and underneath your ribs. You can learn to slow down your breathing, making each breath longer and deeper. This will calm the rest of your body and your mind. If you practice doing this you can become good at staying calm or return to feeling calm quickly in very stressful situations.

AT HOME ACTIVITY



Walking meditation can help relax your body and mind, including your breath:

- Choose a path about 10 feet long, anywhere you feel comfortable and not distracted. For five to 10 minutes, walk back and forth on the path.
- Walk normally and pay attention to what it feels like to put one foot in front of the other, over and over.
- What do you notice?
- If your mind wanders, stop for a moment to pay attention to whatever distracted you and then continue walking.
- When you are finished, notice your breathing. What is it like? Slow and deep? Fast and shallow?
- Also notice how you feel: whatever you feel is okay.

MOVE YOUR BODY!

For many children, exercise is a fun activity they can do alone or with a team. Whether they participate in team sports or exercise with friends or family, children need to move their bodies every day to grow up healthy and strong.

