

FIVE FINGER STARFISH BREATHING



5 MINS

This activity will equip the children with a self-regulation breathing technique and calm the class.

ACTIVITY TYPE

Guided breathing exercise.

SET UP

Make sure each child is seated and quiet before you read aloud the mindfulness activity.

FOLLOW UP QUESTIONS FOR CHILDREN

- What happened to your breathing during this activity?
- How did this activity make you feel?

FURTHER DEVELOPMENT

You may wish to repeat this activity asking the children to close their eyes or to soften their gaze as they trace up and down their fingers.

1. Ask the children to hold up their hand in front of them in a starfish position, with their fingers spread wide.
2. Invite the children to gently trace up and down each finger with a finger from their other hand.
3. Now the young people to do this again but each time they move their finger up they breath in, and as they move down they breath out.
4. Guide them through this by calling out instruction to 'breath in' and 'breath out', leaving time between each instruction. Model this by moving your finger up and down as you call out your instructions
5. Now give the children an opportunity to carry out the activity in their own time, they can try different speeds and rhythms and allow them to understand and follow their own breathing pattern.