

## Breathing Techniques for Adolescents

### Synchronized Breath

**Direct Aim:** To practice staying relaxed while being challenged. To connect the mind and body; to calm the central nervous system thereby calming both the mind and body.

**Indirect Aim:** To achieve, maintain, and preserve health and prevent disease in both mind and body.

#### Procedure:

1. Standing with your feet hip distance apart and feet facing forward, breathe in through your nostrils and lift your arms (palms facing upwards) outwards and up above you head.
2. Exhale through your nostrils and lower your arms back down to your sides in the same way you lifted them.
3. Continue inhaling with arms going upwards overhead and exhaling with arms coming back down to sides.
4. Try and practice the Synchronized Breath slowly and smoothly; you can imagine a bird flying in slow motion to help with the movement of the arms and the breath.

#### Notes:

This is a wonderful group activity, which energizes, stimulates and oxygenates the body.

If students are feeling sluggish or there is a time where students have been sitting for extended periods of time, this activity will assist with re-energizing them.

This also develops good group awareness and sensitivity.

Integration of breath and movement can also be used to integrate positive talk for further social and emotional benefit.

#### Extensions:

**Walking:** As you walk breathe in and out in the same rhythm as you move your arms. Remember to breathe using your nostrils and focus on the breath as each arm moves with the walking movement.

**Yoga Poses:** Many yoga poses and yoga flow movements are practiced using Synchronized Breath. Different yoga poses require different Synchronized Breath techniques so a trained instructor should lead this experience.

**Middle Schoolers:**

Middle Schoolers will enjoy creating their own Synchronized Breath experiences. Allow many different ideas and encourage each student to lead the group in his/her Synchronized Breath experience.

**High Schoolers:**

Encourage High Schoolers to attempt Synchronized Breath while running or doing challenging physical activities.