

Breathe In, Breathe Out

Objective

The value of controlled, slow breathing accompanied by calming positive messages is introduced to the child.

Script

Sit comfortably with your feet on the floor and your eyes closed. Take three long, deep breaths. (pause) Feel yourself relaxing more and more with each breath. Let the rhythm of the music calm you. Feel your muscles relax and your heart and breathing slow. Say to yourself, "I am calm and relaxed."

Breathe slowly and deeply, in—out—in—out—
Breathe in relaxation, breathe out tension,
Breathe in calmness, breathe out all of your worries,
Breathe in warm sunshine, breathe out stale air.

I am special

Continue to breathe this way until you are calm and relaxed. Say to yourself, "I am calm and relaxed". Now give yourself positive messages as you breathe deeply, in—(pause) and out.

As you breathe in, say in your mind, "I am . . ." As you breathe out, say in your mind ". . . relaxed." Continue to breathe gently and deeply. Breathe in and say, "I am . . ." breathe out and say **special**." Think of a special talent you have or would like to have. (pause) Breathe in and say, "I am . . . breathe out and say your talent", "I am . . . (state your talent)", "I am . . . (state your talent)." Enjoy how you feel at this moment. Say these positive messages to yourself when you feel upset or worried.

Take a deep breath and return to your room. Open your eyes and stretch. (pause) Take a few moments to appreciate the good feelings that come with relaxation.

Discussion

What happened when you said "I am relaxed", "I am calm", "I am special"? What are some of your special talents?

Activities

- Take "breathing breaks" throughout the day. Breathe in deeply three times for extra energy or to relieve anxiety or stress.
- Create a cover for your journal. Record your talents or special abilities you would like to have. Set aside some time on a regular basis for journal writing. (Sample journal form in Appendix.)