

TO HELP STUDENTS THINK, FOCUS AND CREATE

1. Stand in Mountain or sit with a tall, straight spine. Hold your hands by your waist as though you are holding on to a large branch like an owl.
 - Breathe in, making an “o” shape with your mouth, sucking in a very deep breath.
2. Feel your belly push out as your lungs fill with air.
3. Breathe out making a gentle, quiet WHOOOOO sound as long as possible, completely emptying our lungs of air, feeling our tummies deflate or flatten.
4. Repeat five times. In: “o” Out: “WHOOOO”

Adapted from <http://kidsrelaxation.com>