



Square Breathing - Mindfulness Exercise

What is Square Breathing?

Square Breathing is a slow and focused breathing technique which encourages using the abdomen to breathe deeply. Square Breathing is a good tool for times of stress / worry, as it requires slow inhalations and exhalations, with the diaphragm muscle in the abdomen moving downward as we inhale and moving upwards as we exhale. This helps our heart rate to slow down and helps us to feel more relaxed and focused.

Before we begin, let's focus our attention on our breathing:

- Jump up and run on the spot for 20 seconds.
- When you are finished take notice of your breathing
- Once you have begun breathing regularly again, let's try Square Breathing (it might help to ask an adult to help you with this to begin, then you can use this technique anytime you are feeling worried or not feeling like yourself)

Preparation for Square Breathing

- + Sit up straight in a comfortable position.
- + Begin by breathing normally.
- + Place your hand on your chest – what do you feel? (you should feel your chest moves as you inhale and exhale).
- + Now still breathing normally, place your hand gently on your abdomen - What do you feel?
- + When we breathe deeply, our abdomen should move. We're going to try this now by doing some Square Breathing.

Square Breathing

1. Draw a square on a piece of paper.
2. In this exercise we will do some breathing by following the lines of the square (It helps to trace a line of the square with your finger).
3. Keeping your hand on your abdomen, breathe in slowly through your nose for 5 seconds, following a line of the square. Let the air fill your lungs and fill all the way down to your abdomen. Can you feel your belly expand like a balloon? Make sure your shoulders don't rise as you breathe in
4. Now hold your breath for 5 seconds, following the next side of the square.
5. Keeping your hand on your abdomen, breathe out slowly for 5 seconds, following the next side of the square. Do you feel your abdomen pull in a little, like a slowly deflating balloon?
6. Once again hold your breath for 5 seconds, completing the last side of the square.
7. This time imagine your own square, pick your favourite colour for your square. You're going to imagine tracing your own finger along each side of your square as you breathe in for 5 seconds, hold for 5 seconds, breathe out for 5 seconds and hold for 5 seconds again.
8. Let's try doing this square breathing technique for 6 - 8 rounds of breathing, until you feel comfortable with it.

Let's have a think....

- Think about the physical activity you did before the square breathing exercise. Can you describe what your breathing felt like then?
- Can you describe your breathing when you did the Square Breathing? How did you feel? Can you think of things that might affect our breathing? (For example: feeling breathless from physical activity, slower breathing when sleeping.

We often don't think about our breathing; our body does it naturally, but it is still really important. Our breathing rhythm can change depending on what we're doing, or how we're feeling but we can control our breathing when we need to by doing Square Breathing. Practice their Square Breathing once every day, then when you need to relax themselves at any time, you will be ready to use Square Breathing to help you feel calm.



Wellbeing

What is wellbeing?

Wellbeing means feeling good at school, at home, at play and when you're chilling out.

Why is our wellbeing so important?

Wellbeing is important because when we feel well and good in ourselves, our resilience is better. With higher wellbeing we have better resilience and we can manage tricky times a little better. However, with lower wellbeing, we have less resilience and find tricky times even more tricky.

What is Resilience?

Resilience means how well we're able to manage the challenges / tricky times in our lives.

Factors Impacting Wellbeing:

There are many factors that impact on our wellbeing; physical activity, healthy relationships, playing with friends, nutrition / eating well. Sleep is also essential to our wellbeing; how do you feel when you don't get enough sleep? It is recommended that children need 10 to 11 hours sleep every night.

Activity: Try and fill out your sleep diary every day this week to see if you're getting a good night's sleep by recording your sleep for the week

MY SLEEP DIARY							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
What time did you go to bed?							
What time did you get up?							
Did you get your 10 to 11 hours sleep?							
How did you feel when you woke up?							
Are you getting enough sleep to recharge your battery? Remember if you don't get enough sleep, make up for it the next night.							

Things to Remember about Resilience:

- 1. In life, things happen that are out of our control. Our resilience is like a battery, we need to keep it well charged so that we're ready for when we face challenges or tricky times in life. The higher your battery level, the more resilience you will have in difficult times.
- 2. Having good resilience is important for our happiness and helps us to be less worried.
- 3. It's really important to keep our wellbeing battery charged by looking after our nutrition, physical activity, sleep, relationships, and play.

Activity: Have a look at your wellbeing battery and fill in your batteries at the end of every day to see which ones you need to charge up.

MONDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships

TUESDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships

WEDNESDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships



THURSDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships

FRIDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships

SATURDAY - MY WELLBEING BATTERY



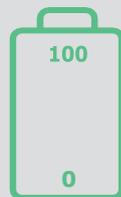
Sleep



Physical Activity



Nutrition



Play



School Work



Relationships

SUNDAY - MY WELLBEING BATTERY



Sleep



Physical Activity



Nutrition



Play



School Work



Relationships