



## Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Large Hoberman sphere or coiled children’s toy
- Display table

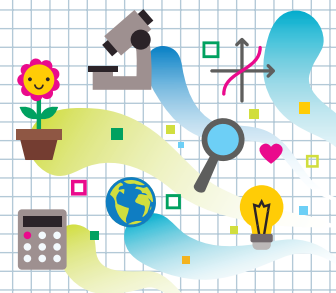
## Activity Preparation

- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Purchase Hoberman sphere or coiled children’s toy, and set on display table.





# HEADS IN, HEARTS IN



## Breathing Sphere Guide for Families

### Learning Objectives

#### What you need to know:

Breathing exercises can help you overcome stress, slow down and relax. Benefits of practicing proper breathing techniques include increased oxygen levels, improved blood circulation, improved posture, enhanced mental clarity and the ability to focus.

#### What you will do and learn:

You will learn a basic breathing technique that both adults and children can use whenever they feel tense or stressed, and need a calming exercise.

### Instructions

1. Stand tall with feet shoulder-width apart.
2. Take the Hoberman sphere or coiled toy in your hand. Keep it closed.
3. As you breathe in, slowly expand the Hoberman sphere or coiled toy for the duration of the time that you inhale.
4. As you exhale, slowly collapse the Hoberman sphere or coiled toy until your exhale is complete.
5. Pause.
6. Repeat: Breathe in and expand the sphere; exhale and collapse the sphere.