

Back to School Spiritual Supplies Activity – Conscious Breathing

Over the last few weeks, we've been learning how to use spiritual tools like Intentions, Affirmations, and Agreements to help us have our best school year yet.

Another spiritual tool is learning how to breathe consciously. Using our breath purposefully can help us calm down and quiet our emotions and mind to think clearly, and act with kindness and truthfulness.

Try these experiments with your family to explore how what we're doing and feeling affects our breathing, and how we choose to breathe can affect how we feel and think about life.

Experiments in Conscious Breathing

1. The Science of Breath

- When your lung muscles expand, they create a vacuum, and air rushes in to fill the vacuum.
 - **See if you feel the vacuum**
- When your lungs contract, they force air out of your lungs.
 - **See if you can feel the air being pushed out**
- While the air is in the lungs, what happens to the O₂ (Oxygen) and the CO₂ (Carbon Dioxide) in the air?
 - **With the exhale, the CO₂ that we no longer need, comes out of the blood and into the air that we breathe out.**
 - **With the inhale, the O₂ in our breath, goes into our blood. We breathe out CO₂, and breathe in O₂.**
 - **We need O₂ to think, to do schoolwork, to be with friends, to play, and to live.**

Back to School Spiritual Supplies Activity – Conscious Breathing

Most of this happens automatically and unconsciously. However, there are times when it is useful to use our breath consciously, purposefully using our breath to change our emotions and experiences of life. Try these experiments.

2. Feelings and Our Breath (do the experiment!)

- How do you breathe when you are:
 - Running very fast?
 - Excited?
 - Scared?
 - Angry?
 - Sleeping?
 - Calm and peaceful?
- Share your answers with your family.

3. Changing Our Breath (do the experiment!)

- Pretend you're scared and holding your breath.
 - Now, take several deep breaths in and out.
 - **How do you feel?**
- Pretend you're angry and make an angry face.
 - Now, take several deep breaths in and out.
 - **What happened to your anger?**
- Pretend you're happy and smile.
 - Now, take several deep breaths in and out.
 - **How are you feeling now?**
- Share your answers with your family.

Our breath is different at different times. It changes with the activities and emotions we are experiencing. We can consciously use our breath, to change our emotions and our experience of life, creating our best year yet!

Back to School Spiritual Supplies Activity – Conscious Breathing



Back to School Spiritual Supplies Activity – Conscious Breathing

