Back to School Spiritual Supplies Activity – Out Breath

Focusing on the out-breath can help us quickly calm our energy, body, and mind. When we breathe out, we force carbon dioxide, CO_2, out, so that oxygen, O_2, can naturally flow into our lungs. Breathing out longer automatically stimulates the parasympathetic nervous symptom, which relaxes our energy, body, and mind. Try these experiments with your family to explore how breathing out can change how you feel.

Feelings and Breathing Experiment

For this experiment, you will need a pen or pencil, paper to write on.

- Pretend you are scared and holding your breath.
    - Breathe in naturally and then push the air out hard. Do this several times.
    - How do you feel? Are you still scared?
- Pretend you are angry (everyone makes an angry face).
    - Breathe in naturally and then push the air out hard. Do this several times.
    - How do you feel? Are you still angry?
- Pretend you are happy (everyone smiles).
    - Breathe in naturally and then push the air out hard. Do this several times.
    - How do you feel? Are you still happy?
- Take turns sharing what you wrote with your family.

Out-Breath Experiment - Bubbles in Water

You will need a straw, cup, water, a pen or pencil, and paper to write on for this experiment.

Pour 1 inch of water into the bottom of each cup and give everyone a straw and have everyone blow bubbles in their cup.

- Blow small bubbles in your cup.
    - What type of breath works best for blowing small bubbles?
- Blow big bubbles in your cup.
    - What type of breath works best for blowing big bubbles?

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- Blow lots of bubbles in your cup.
    - How long can you keep the bubbles going? If you get dizzy, take a couple of normal breaths.
    - What type of breath works best for making the most bubbles for the longest time?
- Take turns sharing what you wrote with your family.

Other Activities

There are many other activities that we naturally do that require us to breathe out more than in. Some examples include:

- playing the kazoo, recorder, or other wind instruments (instruments that require us to blow through them)
- singing
- humming
- whistling
- blowing out candles
- blowing bubbles
- running hard

All of these activities increase our relaxation and enjoyment of life! What activities do you do that require you to breathe out more than you breathe in?

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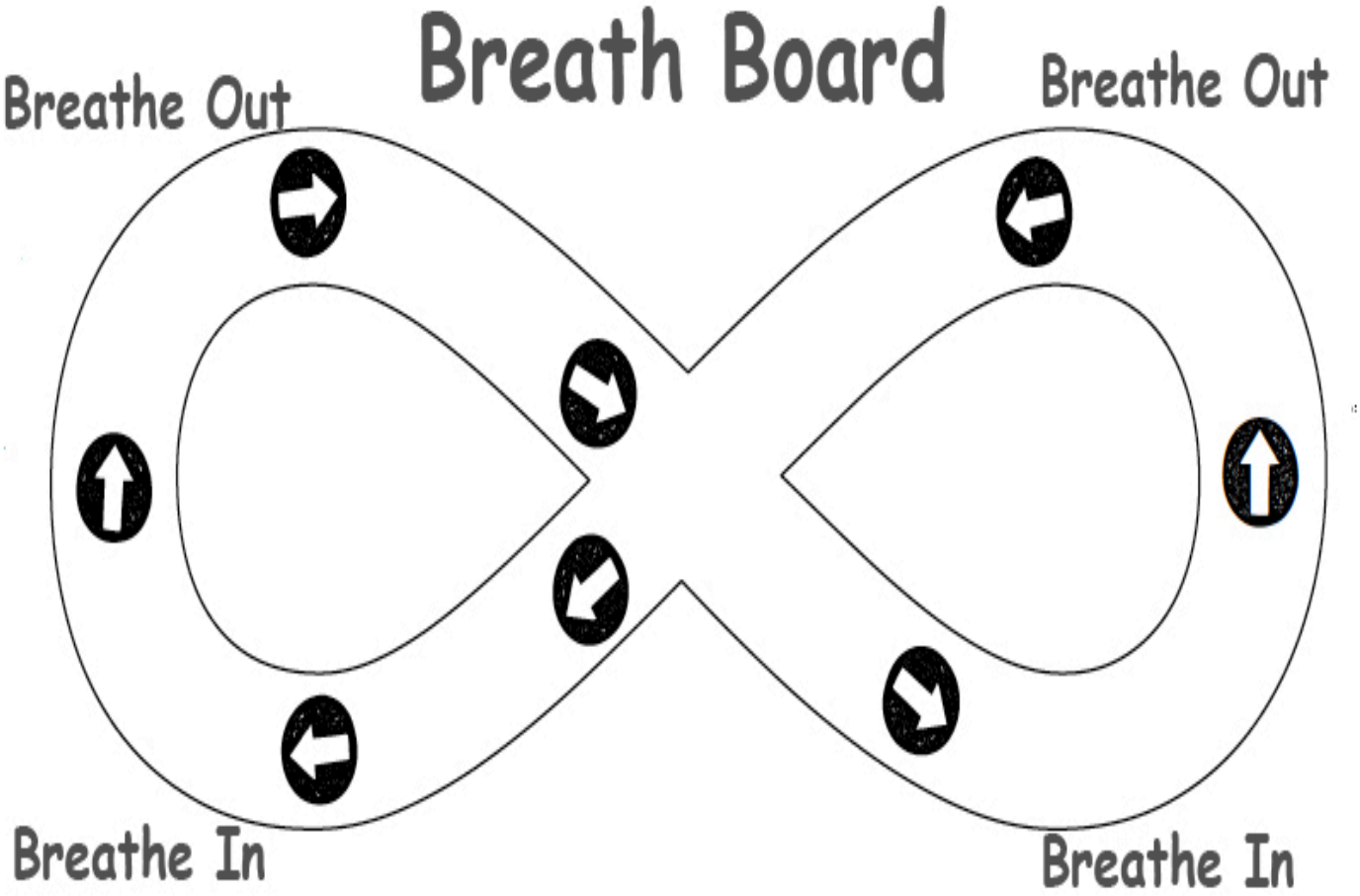
Breath Board

Print out this Breath Board, and color it in. Using your finger, trace the lines in the direction of the arrows, while following the directions to breathe out and in. Try to breathe out twice as long as you breathe in. How do you feel? Keep the Breath Board near your study area and use it when you need to calm down and get in touch with your inner joy.