

## Activity – Energy and Our Breath

Our breath is a tool we can use to calm our energy down and settle our minds so we can focus on experiencing our soul qualities. Focusing on the out-breath, can help us quickly calm our energy, body, and mind. When we breathe out, we force Carbon Dioxide out, CO<sub>2</sub>, so that O<sub>2</sub> 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 conscious breathing can change how we feel.

### Feelings and Breathing Experiment

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

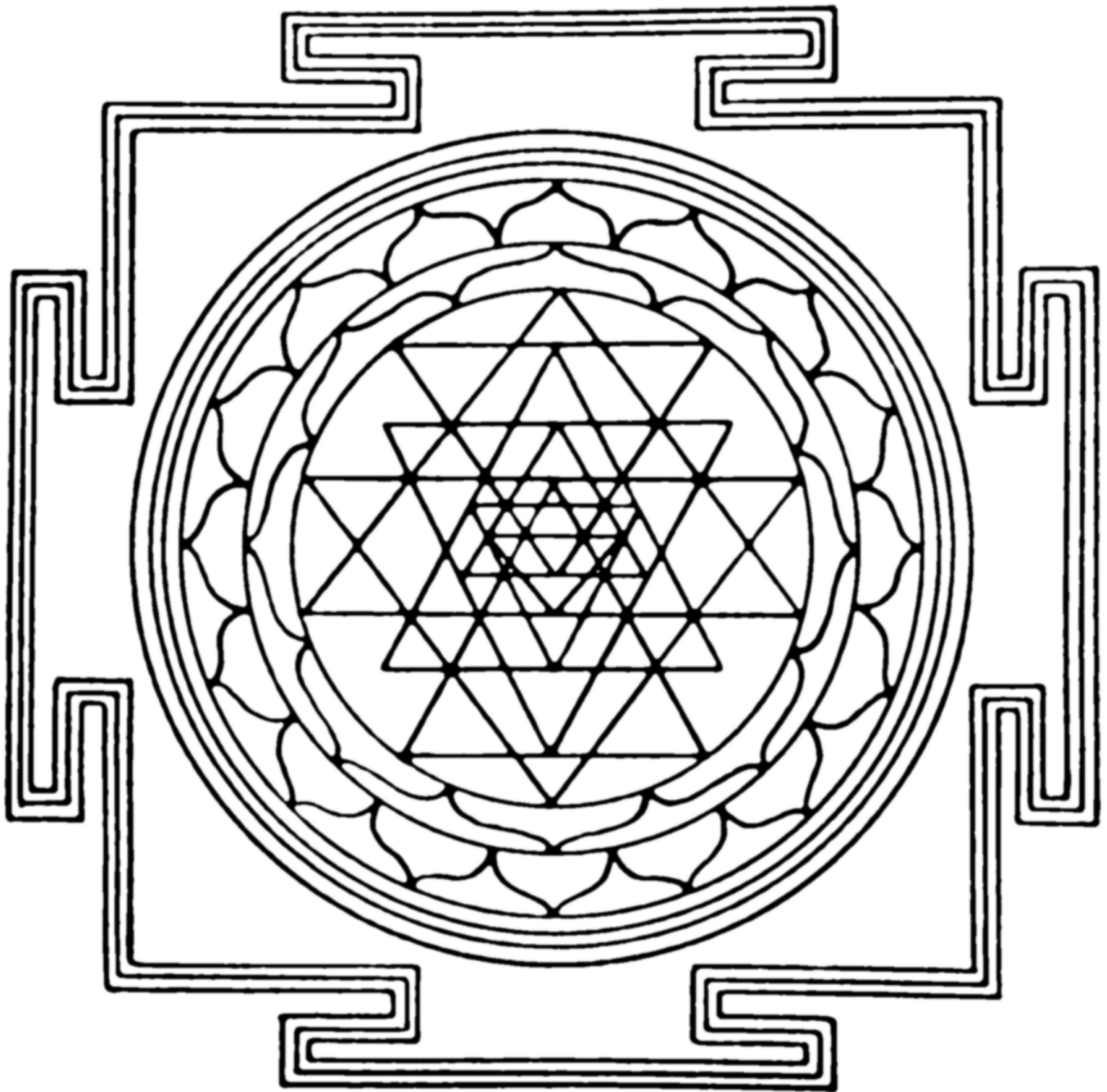
- Pretend you are scared and holding your breath.
  - Take a deep breath in and push the air out.
  - How do you feel? Are you still scared?
- Pretend you are angry (everyone makes an angry face).
  - Take a deep breath in and push the air out.
  - How do you feel? Are you still angry?
- Pretend you are happy (everyone smiles).
  - Take a deep breath in and push the air out.
  - How do you feel? Are you still happy?
- Take turns sharing what you wrote with your family.

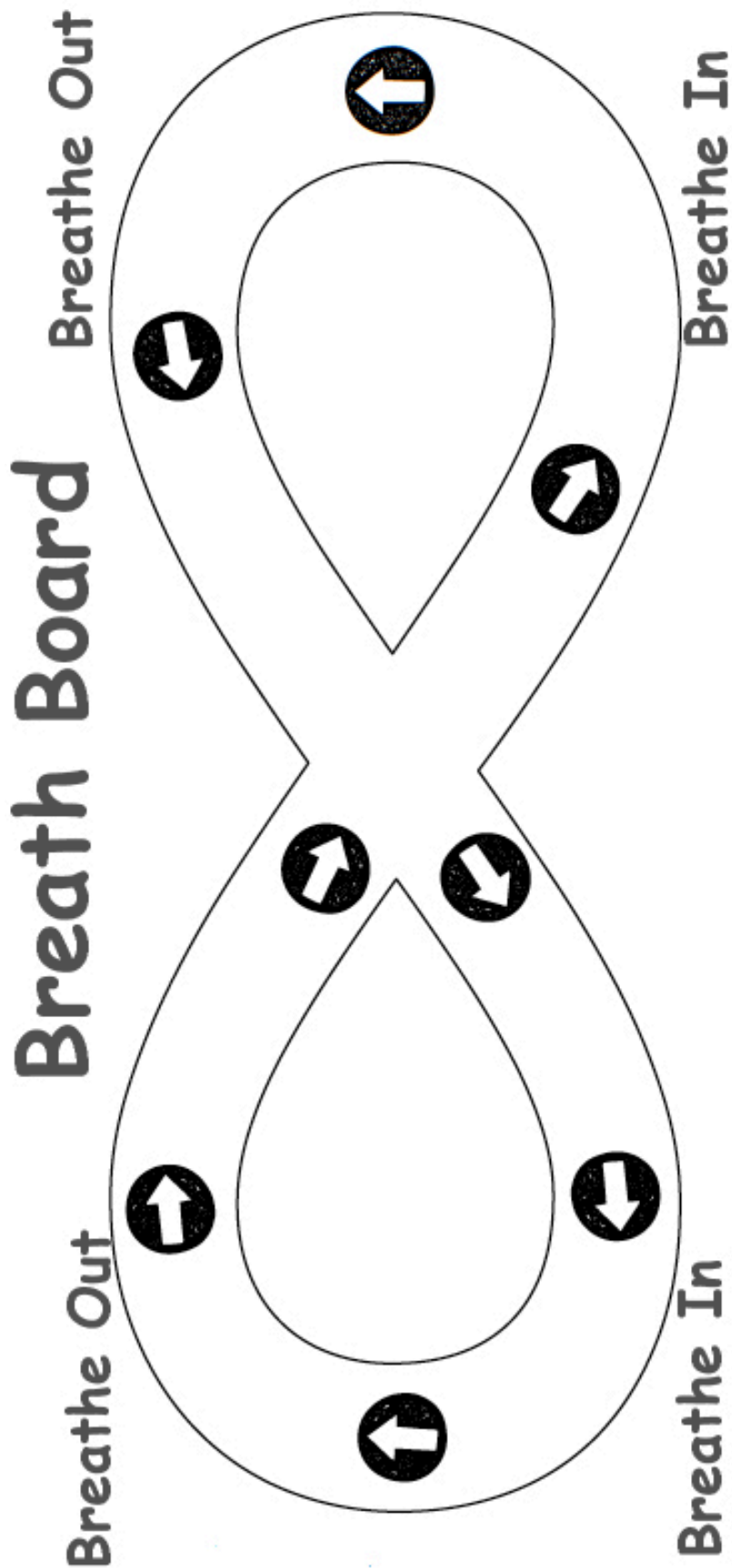
### Out-Breath Experiment - Bubbles in Water

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

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 small bubbles?
- 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.





**Breath Board:**

- 1) Color in the Breath Board
- 2) Keep it near where you work
- 3) When you are out-of-sorts, use your finger to trace over the figure, over and over again, following the arrows and the directions as you pass them by
- 4) Try to make your out-breath longer than your in-breath