

Science

When we inhale, the muscle at the base of our chest (the diaphragm), which is normally shaped like a dome, contracts and becomes flatter, pulling air into the lungs. When we exhale the diaphragm relaxes, goes back to a dome shape and air is pushed out of the lungs.

Flower Breath

This flower breath is an easy way to help children become aware of their breath and relax. Find a quiet moment in the day to practice this activity.

Top Tip



This can be a great activity to try before bedtime, helping to relax and wind-down.

How to:



Choose a comfortable upright sitting position such as cross-legged. Close your eyes and begin to focus on the sound of your breath.



Imagine you are holding a flower. Imagine the colour and smell of the flower. Then take in a deep breath, pretending to smell the flower.



Then exhale and pretend to blow the flower petals. Repeat the cycle of a strong inhale and gentle exhale for a couple of minutes.