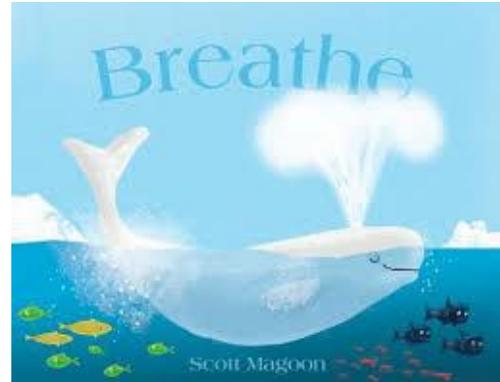


Breathe

By Scott Magoon

“This simply told story follows a young whale on a journey of discovery as he experiences his first day at sea on his own! He swims, explores, and makes friends in his marine habitat. After a day of independence, this little whale delights in returning home to his mother.”

-goodreads.com



Before you read the book, ask the children if they've ever heard a whale's breathing sound. Share an audio or video clip of whale breathing. Explain that whales take deep breaths to help them stay under water for long periods of time. Ask if whales swim fiercely or gently. Tell them that we can use whale-breathing to help us calm down when we are feeling upset. Let them know that the word "breathe" occurs a lot in this story, and that every time they hear the word "breathe", everyone can take big whale breaths. Practice this by having them breathe in like they're smelling a flower, and then breathe out like they're blowing a balloon.

Art: Have the children create bubble prints. In a large, shallow margarine container, mix tempera paint or food colouring with bubble or dish washer solution. Let the children know they need to use deep, gentle whale breaths to make bubbles. Have the children blow bubbles through their own straw until the bubbles flow over the top. Have them gently set their paper on the bubbles to create a bubble print. Allow them to repeat this until they have created a unique bubble pattern.

As a second activity, have a large sheet of paper out for the children to make an underwater mural. Set out paints, crayons, and loose materials in varying shade of blue, white, and shimmery silver.

Fine motor: Create blue play doh. Add textures (e.g. glitter, sand) as desired. You can talk about how, just like breathing, squeezing and pounding safe objects can be a healthy way to calm one's body when upset. Have a variety of play doh tools available to explore different ways of rolling, squishing, and sculpting.

Gross motor: practice taking deep breaths and pair them with a kid-friendly, water animal yoga poses (see attached). Ask them how they feel after the exercise.

Media: Share Sesame Street's Belly Breath music video with the children (<https://www.youtube.com/watch?v=-mZbzDOpyIA>). Have a conversation about other things you can do to calm down when upset.

Water Animal Yoga Poses

Taken from Namaste Kid (<http://www.namastekid.com>)

Start with the children standing up, facing you. Start with a warm-up exercise: have the children breathe in and raise their arms above their head; then breathe out and bring their arms to their sides. Repeat 3-5 times. Move through the following moves in order:

Starfish Pose

Benefits: improves balance and coordination, increases strength and core stability, releases tension, stretches shoulders and chest

1. Stand with your feet wide apart
2. Stretch your arms out to either side

Tip: To use star pose to energize kids, have them shine and sing "Twinkle Twinkle Little Star". To use star pose as a relaxation pose, have children take deep breaths as they enjoy the full body stretch.

Dolphin Pose

Benefits: Calms the mind, relieves stress and mild depression, energizes the body, strengthens arms and legs, stretches upper and lower body, and relieves headaches, back pain, and fatigue.

1. Begin on hands and knees in table pose.
2. Exhale, straighten knees and lift hips.
3. Hold your head between your upper arms, do not let it hang or press heavily into the floor.
4. To release, exhale and bring knees to the floor.
5. Relax in child's pose

Fun tip: Explain to kids that they are the fin on the back of a shark (or dolphin) poking out of the water. To encourage breathing, have them make the "Jaws Theme" sound while holding this pose.

Seal Pose

The screenshot shows the website interface for the Seal Pose. At the top, there is a navigation bar with the 'namaste kid' logo, menu items for 'Products', 'Learning Center', 'Company', 'Little Yogis', and 'Blog', a search bar, and a 'Cart' icon. A promotional banner below the navigation bar states 'FREE Standard shipping on all orders*'. The main content area features the text 'Benefits: calms the body and mind, helps relieve stress, relaxing' followed by a list of three steps: 1. Sit with your legs crossed. 2. As you inhale, bring your palms together. Gently press hands against each other, straighten your back, and allow your eyes to close. 3. Hold this position and breathe deeply. To the right of the text is a photograph of a young boy in a green shirt sitting in the Seal Pose with his hands in a prayer position. Below the text, it says 'This kids yoga pose is featured in:'.

www.namastekid.com/learn/kids-yoga-poses/salutation-seal-pose/

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Benefits: calms the body and mind, helps relieve stress, relaxing

1. Sit with your legs crossed.
2. As you inhale, bring your palms together. Gently press hands against each other, straighten your back, and allow your eyes to close.
3. Hold this position and breathe deeply.

This kids yoga pose is featured in:

Mermaid Pose (optional; advanced)

The screenshot shows the website interface for the Mermaid Pose. The navigation bar and promotional banner are identical to the Seal Pose page. The main content area features a list of nine steps: 1. Begin in table pose. 2. Exhale, and bring your right knee forward, between your hands. 3. As you lower your tailbone to the floor, bend your knee to touch your right hand and bring your ankle forward to touch your left hand. 4. Keep your left leg bent behind you. 5. Bring your left hand behind you, and place it on your left ankle. 6. Inhale, and reach your right hand towards the sky. 7. Look to your finger tips. 8. Return to table pose, then lower to child's pose to rest. 9. Repeat on opposite side. To the right of the text is a photograph of a young girl in a pink shirt and purple leggings performing the Mermaid Pose on a green mat, with her right hand reaching up and her left hand on her ankle.

www.namastekid.com/learn/kids-yoga-poses/mermaid-pose/

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1. Begin in table pose
2. Exhale, and bring your right knee forward, between your hands
3. As you lower your tailbone to the floor, bend your knee to touch your right hand and bring your ankle forward to touch your left hand
4. Keep your left leg bent behind you
5. Bring your left hand behind you, and place it on your left ankle
6. Inhale, and reach your right hand towards the sky
7. Look to your finger tips
8. Return to table pose, then lower to child's pose to rest
9. Repeat on opposite side

Frog Pose

www.namastekid.com/learn/kids-yoga-poses/frog-pose/

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Learning Center Kids Yoga Poses Frog Pose

Frog Pose *Ardha Bhikasana*

Benefits: tones legs, increases hamstring flexibility, improves heart health

1. Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2. Look up and inhale.
3. As you exhale, straighten your legs and lower your head toward your knees.
4. Return to squatting position, then repeat.



The image shows a young boy in a green long-sleeved shirt and dark shorts performing the Frog Pose on a green mat. He is in a squatting position with his feet wide apart and his hands on the floor between his feet. The mat has the 'namaste kid' logo on it.

Child's Pose

www.namastekid.com/learn/kids-yoga-poses/childs-pose/

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Child's Pose *Balasana*

Benefits: stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue

1. Kneel on the floor, touching your big toes together.
2. Sit back on your heels, and separate your knees hip-width apart
3. Exhale, bringing your head down, and rest it on the floor in front of you
4. Place your hands wherever they are comfortable by your head, your knees, etc.
5. Relax and breathe, holding this pose.

Tip: Have kids make a squeaking sound to encourage breathing



The image shows a woman in a blue long-sleeved shirt performing the Child's Pose on a white floor. She is kneeling with her big toes together, sitting back on her heels, and resting her head on the floor in front of her. Her hands are on the floor near her head.