

BREATHING STICKS

How does it help my students?

- It requires students to focus on the pattern and timing of their breath, bringing them to a more calm place.
- The visual assists students in slowing down their breathing
- Physically moving the beads connects the mind and the body.

What do I need?

- Pipe Cleaners
 - Beads
1. Have the students create a knot at one end of the pipe cleaner.
 2. Have students string 8-10 beads on the other end of the pipe cleaner and then knot the loose end.
 3. These sticks can be used at any time to give kids a breathing break.

What do we do?

1. As you breathe in, move a bead from one side of the pipe cleaner to the other.
2. As you breathe out, move the next bead from one side of the pipe cleaner to the other.
3. Continue for 1-2 minutes to create elongated and focused breathing for the students.