

# COLOR BREATHING

## How does it help students?

- Learn to focus
- Calm down (sympathetic nervous system hyperactivity)
- Reduces stress

## What do I need?

Space to complete the activity

## How do we do it?

1. Have the students select two colors: one that they associate with everything positive in the world and another that they associate with everything negative that they feel on a daily basis.
2. You will walk them through a 2-3 minute visualization and breathing exercise.
3. Instruct the students to breathe in and hold their breath for 8-10 seconds. As they do this, ask them to visualize themselves breathing in the color of positive thoughts, filling their bodies up with that color, seeing the color fill every part of their bodies, from the top of their heads to the bottom of their toes.
4. Instruct the students to breathe out deeply. As they breathe out, ask them to visualize breathing out the color of the negative, seeing their breath leave their body.
5. Repeat this several times.