

# SKULL SHINING BREATH

<https://greatist.com/happiness/breathing-exercises-relax>

## How does it help students?

- This exercise provides students with a quick jolt of energy, focused on forceful breath leaving the body pushed out by the stomach
- Relieves stress

## What do I need?

Nothing

## How do we do it?

1. Start by requesting students take a long, slow breath, inhaling through their nose.
2. At the peak of their inhale, tell students to breathe out forcefully through their mouths, expelling air quickly, using their belly and diaphragm to push the breath out.
3. Continue to use this slow then forceful breathing technique for 10-15 breaths.

Additional Notes: As students become better at this, decrease the length of the inhale.