

Click below to see more deep breathing exercises and activities for adults.

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<https://www.uofmhealth.org/health-library/uz2255>

<https://www.healthline.com/health/breathing-exercise#belly-breathing>



Click below to see more deep breathing exercises and activities for children.

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<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://childhood101.com/fun-breathing-exercises-for-kids/>

Deep Breathing: How It Works

It is probably safe to say that most people have been told (or have told someone else) to “calm down” and “take a deep breath”. The expression “take a deep breath” is more than something to say, it is also something to do. **Deep breathing** is good for emotional and physical health.

To understand how deep breathing can benefit health, we need to know what happens when we breathe. The oxygen that is inhaled travels from the lungs to the rest of the body. **Deep breathing** increases the amount of oxygen in the lungs and allows more oxygen to be distributed through the body. This is especially beneficial for the brain. The part of the brain that tells the body to be calm, relax, and sleep is powered by oxygen. The increase in oxygen to the brain is used to bolster the “calm down” message being sent to the body which makes the message more effective.

The brain and the lungs are muscles that require exercise and practice to get stronger. By taking time each day to practice deep breathing you are providing your lungs and brain the ‘work out’ that they need to master the skill of **deep breathing**.

Deep Breathing: How To

- Sit upright with good posture and with both feet flat on the floor
- Take a moment to focus your mind on your body and your breathing
- Inhale slowly through the nose while counting to 10
 - Chest and rib cage will expand
 - Shoulders will raise
 - Diaphragm (the area below the ribs) will contract (be pulled inward)
- Hold the breath for 3-5 seconds
- Exhale slowly through the mouth while counting to 10
- Repeat daily for at least ten minutes
- If you have trouble focusing your mind you can try some of the following:
 - Close your eyes
 - Tune in on one thing you can hear, see, feel, or smell
 - Use soothing music or white noise

Upcoming Events

Date/Time	Topic	Link
Monday 11/16 @ 7:30p	Transition from Committee on Pre-School Special Education to School-Aged Special Education	https://tinyurl.com/y5tflzyf
Tuesday 11/17 @ 5:30p	Parents and Caregivers of Children with Developmental Disabilities Support Group	https://global.gotomeeting.com/join/805112789
Saturday 11/21 @ 9:30a	Early Intervention to Committee on Pre-School Special Education Process	https://tinyurl.com/y5hzksxg



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