

Body Breathing

Overview

Children/adolescents will learn how to relax through a breathing technique.

Materials Needed

None

Procedure

Talk about how anxiety, stress or frustration can lead to the urge to SI. By learning this breathing technique it can help him/her to calm the chaos they are feeling internally. Then, have the child/adolescent practice the following breathing exercise with their eyes closed as you read the instructions below to them. Encourage him/her to practice this breathing technique at least twice a day.

Follow Up

Have the child/adolescent share times that this kind of breathing can help them; at school, at home, at work, etc.

Body Breathing

Directions: Sit or lie down comfortably with your eyes closed and nothing in your hands.

- **Breathe in deeply through your nose to the count of 5.**
- **Now exhale through your mouth slowly to the count of 5. Repeat.**
- **Notice the changes in your body, for example your arms, shoulders, neck, head, etc.**
- **Think of only pleasant thoughts and concentrate on your breathing.**