

## Summary of weekly breathing activities

Here is short summary of each weekly breathing activity; if you use this as a guide to open a conversation with your child, and they should be able to show you the practice.

Week 1 and 2	Counting the in and out breaths in a minute.
Week 3	Tummy and chest breathing – taking the <i>torchlight of attention</i> to areas of our body and gentle focus on breathing through this.
Week 4	Paying attention to the present moment, standing position, feet on floor awareness and tuning into breathing. 2/3 minutes of practice. Being present in day to day activities – in particular eating.
Week 5	Finger breathing, tracing the outline of our fingers with our in and out breath.
Week 6	FOFBOC – Feet on floor, bottom on chair. Awareness of breathing and attention to awareness of self in space.
Week 7	Paws b – choosing to pause and notice how things are in the moment, just noticing how things are ‘right now’ - creating mental and physical space to make choices.
Week 8	Petal practice- breathing in and out whilst opening and closing hand.
Week 9	Remembering practices and recalling what they have in their paws b toolboxes – using this to choose what they need in the moment.
Week 10	Petal practice.
Week 11	Growing happiness – notice when you are feeling happy, pause, take a breath, step back. Think about thoughts, moods, sensations, actions.
Week 12	Tuning into and savouring happy experiences as you notice them. Continuing the practices as above.