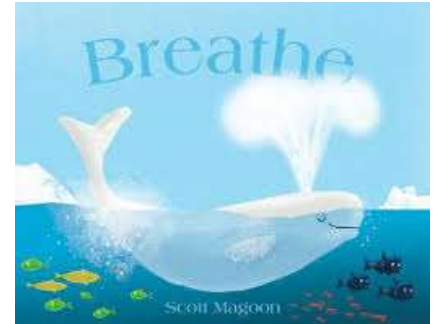


Breathe by Scott Magoon

“This simply told story follows a young whale on a journey of discovery as he experiences his first day at sea on his own! He swims, explores, and makes friends in his marine habitat. After a day of independence, this little Whale delights in returning home to his mother.” – Goodreads.com



Before you read the book, ask the children if they’ve ever heard a whale’s breathing sound. Share an audio or video clip of whale breathing. Explain that whales take deep breaths to help them stay under water for long periods of time. Ask if whales swim fiercely or gently. Tell them that we can use whale-breathing to help us calm down when we are feeling upset. Let them know that the word “breath” occurs a lot in this story, and that every time they hear the word “breathe” everyone can take big whale breaths. Practice this by having them breathe in like they’re smelling a flower, and then breathe out like they’re blowing a balloon.

Art

Have the children create bubble prints. In a large, shallow container, mix tempera paint or food colouring with bubbles or dish soap. Let the children know they need to use deep, gentle whale breaths to make bubbles. Have the children blow bubbles through their own straw until the bubbles flow over the top. Have them gently set their paper on the bubbles to create a bubble print. Allow them to repeat this until they have created a unique bubble pattern.

As an alternative activity, lay out a large sheet of paper for the children to make an underwater mural. Set out paints, crayons, and loose materials in ocean colours.

Fine motor

Create blue play dough. Add textures (e.g. glitter, sand) as desired. You can talk about how breathing, squeezing and pounding safe objects can be a healthy way to clam one’s body when upset. Have a variety of play dough tools available to explore different ways or rolling, squishing, and sculpting.



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Gross motor

Practice taking deep breaths. Pair breathing with child-friendly, water animal yoga poses (see cards below). Ask them how they feel after the exercise.

Media

Share Sesame Street's **Belly Breathe** music video - <https://www.youtube.com/watch?v=oFIKuSCw7ag>
For school-aged children, share **Just Breathe** - <https://www.youtube.com/watch?v=-YEZnrySrtQ>
Have a conversation about other things you can do to calm down when upset.

Water Animal Yoga Poses

Start with the children standing up, facing you. Start with a warm-up exercise: have the children breathe in and raise their arms above their head; then breathe out and bring their arms to their sides. Repeat 3-5 times. Move through the following moves in order:

Star Pose *Utthita Tadasana*



Benefits: Improves balance and coordination, increases strength and core stability, releases tension, stretches shoulders and chest.

1. Stand with your feet wide apart
2. Stretch your arms out to either side

Tip: To use star pose to energize kids, have them shine and sing 'Twinkle Twinkle Little Star'. To use star pose as a relaxation pose, have children take deep breaths as they enjoy the full body stretch.

Dolphin Pose *Ardha Pincha Mayurasana*



Benefits: Calms the mind, relieves stress and mild depression, energizes the body, strengthens arms and legs, stretches upper and lower body, and relieves headaches, back pain and fatigue.

1. Begin on hands and knees in table pose
2. Exhale, straighten knees and lift hips.
3. Hold your head between your upper arms, do not let it hang or press heavily into the floor.
4. To release, exhale and bring knees to the floor.
5. Relax in child's pose

Fun Tip: Explain to kids that they are the fin on the back of a shark (or dolphin) poking out of the water. To encourage breathing, have them make the "Jaws Theme" sound while holding this pose.



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Seal Pose *Bhujangasana*



Benefits: Calms the body and mind, helps relieve stress, relaxing

1. Sit with your legs crossed.
2. As you inhale, bring your palms together. Gently press hands against each other, straighten your back, and allow your eyes to close.
3. Hold this position and breathe deeply.

Mermaid Pose (optional, advanced) *Eka Pada Rajakapotasana*



1. Begin in table pose.
2. Exhale, and bring your right knee forward, between your hands
3. As you lower your tailbone to the floor, bend your knee to touch your right hand and bring your ankle forward to touch your left hand.
4. Keep your left leg bent behind you.
5. Bring your left hand behind you, and place it on your left ankle.
6. Inhale, and reach your right hand towards the sky.
7. Look to your fingertips.
8. Return to table pose, then lower to child's pose to rest.
9. Repeat on opposite side.

Frog Pose *Ardha Bhikasana*



Benefits: Tones legs, increases hamstring flexibility, improves heart health.

1. Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2. Look up and inhale.
3. As you exhale, straighten your legs and lower your head toward your knees.
4. Return to squatting position, then repeat.



Breathe by Scott Magoon

Child Pose *Balasana*



Benefits: Stretches the hips, thighs and ankles, calms the mind, relieves stress and fatigue.

1. Kneel on the floor, touching your big toes together.
2. Sit back on your heels, and separate your knees hip-width apart.
3. Exhale, bringing your head down, and rest it on the floor in front of you.
4. Place your hands wherever they are comfortable – by your head, your knees etc.
5. Relax and breathe, holding this pose.

Tip: Have kids make a squeaking sound to encourage breathing.