

STUDENT TARGETS

- ✓ **Skill:** I will practice and perform belly breathing techniques.
- ✓ **Cognitive:** I will describe what it feels like to use belly breathing techniques.
- ✓ **Fitness:** I will discuss the relationship between breathing, Tai Chi, and stress relief.
- ✓ **Personal & Social Responsibility:** I will be aware of self-space and demonstrate respect for myself and others.

TEACHING CUES

- ✓ Eyes Closed
- ✓ In Nose
- ✓ Fill Abdomen
- ✓ Out Pursed Lips
- ✓ Tighten Abdomen

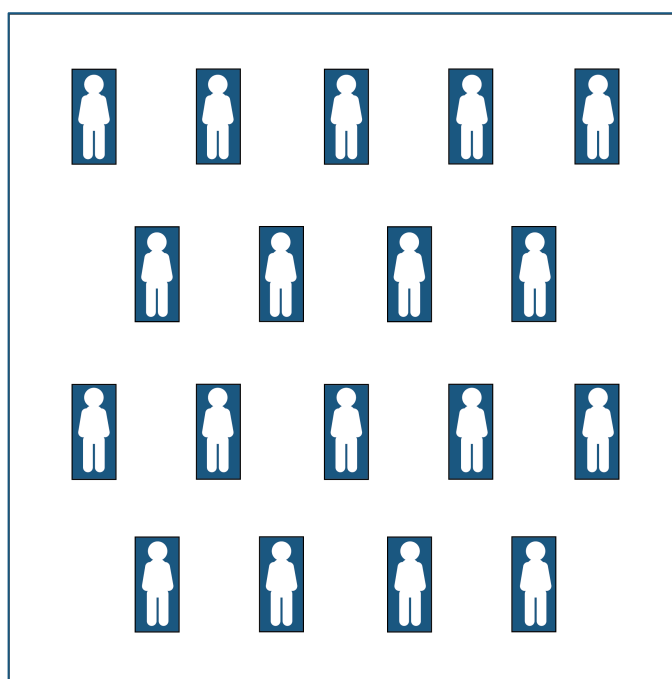
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ Meditative Music (Relaxation)
- ✓ Music Player
- ✓ 1 yoga-style mat per student
- ✓ 1 bean bag per student (optional)

Set-Up:

1. Space yoga mats throughout the area such that students are able to lay down.
2. 1 student per mat.



Activity Procedures:

1. Today's activity is called Belly Breathing.
2. The objective of the activity is to practice proper breathing and to learn about the benefits of Tai Chi exercises.
3. Using your mat, lie down on your back in a comfortable position.
4. Close your eyes and focus on your breathing. Are you breathing into your chest or abdomen?
5. Breathe in through your nose, expanding your abdomen.
6. Breathe out through pursed lips while tightening the muscles in your abdomen.
7. Repeat for 8 to 10 minutes.
8. To increase awareness, give students a bean bag to balance on their abdomen during the breathing exercise. This allows them to focus on moving the bean bag up and down as they inhale and exhale.

Grade Level Progression:

- L1:** Students start their belly breathing routine by following the teacher recitation of the verbal cues. After 1 minute, the students set their own personal pace.
- L2:** Students start their belly breathing routine and set their own personal pace.

BELLY BREATHING

CHALLENGE PROGRESSIONS

- ✓ **Adaptation:** Provide students with a pillow-like support for their neck and/or knees.
- ✓ **Extension:** Allow students to perform belly breathing while sitting up straight in a meditative position.

ACADEMIC LANGUAGE

Diaphragm, Mind-Body Exercise, Tai Chi, Belly Breathing, Respect

STANDARDS & OUTCOMES ADDRESSED

- ✓ **Standard 1 [H1.L1-L2]:** Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (L1); Refines activity-specific movement skills in one or more lifetime activities (L2).
- ✓ **Standard 2 [H2.L1]:** Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.
- ✓ **Standard 3 [H14.L1-L2]:** Identifies stress-management strategies (e.g., relaxation techniques, deep breathing) to reduce stress (L1); Applies stress-management strategies (e.g., relaxation techniques, deep breathing) to reduce stress (L2).
- ✓ **Standard 4 [H2.L1]:** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance (L1).

DEBRIEF QUESTIONS

- ✓ **DOK 1:** Can you remember the cues for belly breathing?
- ✓ **DOK 2:** How would you integrate belly breathing into your everyday life?
- ✓ **DOK 3:** How is belly breathing related to stress management?

TEACHING STRATEGY FOCUS

Helping students practice skills, strategies, and processes: It is important to create tasks that incorporate skills that transfer over into later lessons of the module. It is also important to give students time to practice and use the skills they have learned throughout different practice tasks and in different environments. Allow students to experiment with different breathing techniques.