

The Breathing Song (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate stress management skills and impulse control by learning breathing techniques.

Demonstration of Learning

Given the "Animal Breaths" worksheet, I can create my own animal breathing technique.

Given "The Breathing Song," I can demonstrate 4 different breathing techniques through movement.

SEL Standards:

Self-management:
Responsible Decision-Making
Self-awareness

Resources:

N&W Song-["The Breathing Song"](#)

N&W Animal Breaths: Wordsearch
Worksheet

N&W Animal Breaths: Favorite Way
to Breath Worksheet

N&W "Breathing Song" Slides

- **Feelings Check-In**
- **Quote of the Day**
 - "When you react, you let others control you. When you respond, you are in control."-Bohdi Sanders
- **Discussion**
 - What's the difference between reacting and responding?
 - Have you ever been angry or frustrated, and reacted by hurting someone or saying something you didn't mean?
 - How could taking deep breaths help you to respond in a more effective way?
- Teach students about the importance of learning deep breathing by showing them the "Top 10 Benefits of Deep Breathing for Kids" in the slides. Remind them that if they feel mad, upset, afraid, or overwhelmed, it's important to stop and take a deep breath, which will help them calm down and regulate, or control, their emotions.
- Introduce the 4 different types of animal breaths:
 - Butterfly - inhale: open your wings, exhale: close your wings.
 - Crocodile - inhale: open your jaw, exhale: close your jaw.
 - Dolphin - inhale: jump out of the sea, exhale: dive into the sea.
 - Pufferfish - inhale: tummy puffs out, exhale: tummy sinks down.
- Try the animal breaths with ["The Breathing Song,"](#) and remind students to breathe in and out slowly! Practice the animal breaths with them!
- **Animal Breaths: Favorite Way to Breath Worksheet**
 - When the song is over, pass out the worksheet and ask them to create their own animal breath. Then explain it in the spaces provided.
- **Animal Breaths: Word Search Worksheet**
 - You can print this worksheet out, or complete as a class by having students come up to the board to circle the words they see.
- Try the "Box Breathing" together before class ends. You can have a student come up to the board and trace their finger on the arrows as everyone breaths together.

