

Breathing Makes It Better (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate rhythm patterns by performing eighth notes, quarter notes and quarter rests.

I can demonstrate self-awareness through expressing myself through movement & learning breathing techniques.

Demonstration of Learning

Given an non-pitched percussion instrument, I can demonstrate rhythm patterns

Given "Breathing Makes It Better" book & scarves, I can demonstrate self-expression & breathing techniques.

SEL Standards

Self-Awareness
Self-Management

Music Concepts & Materials

- Non-pitched Percussion: Shaker, Rhythm Sticks, hand drum
- Scarves
- Rhythm: Eighth notes, quarter notes, and quarter rest
- "Breathing Makes It Better" Book

- **Greetings**
 - Greet students with a high-five, fist bump, hug, or their choice of greeting!
- **Breathing Intro/Practice**
 - Tell students they're going to be learning about breathing today through reading a book! They'll get to play instruments, use scarves and act out parts of the book!
 - Play "The Breathing Song" for them and see if they can do the Crocodile, Butterfly, Pufferfish and Dolphin breaths.
- **Rhythm-**
 - Clap this rhythm pattern 
 - Put the rhythm with these words- "Stop and Take a Breath"
 - Explain that every time they see those words in the book, the whole class will clap the rhythm together.
- **Read "Breathing Makes It Better"** to your students.
 - Make sure all students are participating in the "Stop and Take a Breath" rhythm pattern.
- **Put students into 3 Groups-**
 - **Group 1-** Students acting out emotions in story through movement and dance.
 - **Group 2-** Students with scarves- Have them throw scarves up in the air on "Breathe In" and catch it on "Breath Out", then on "Peace is near" have them circle the scarf towards the ground.
 - **Group 3-** Students with percussion instruments performing rhythms on "Stop and Take a Breath" (The whole class should take a deep breath together after group 3's part)
- **Practice**
 - Before reading the entire book again, have each group practice their part. Make sure they remember that they're only performing when it's their turn and to be quiet when the other groups are performing.
- **Read & Perform**
 - Once you feel like students are mastering their parts, read the book outloud while prompting each group when it's their turn.
- **Switch groups**
 - If you have time, let students switch groups so they have a turn on all 3 parts.
- **Meditation**
 - Use one of our meditations to end class.



Resources:

Narwhals & Waterfalls

Breathing Makes it Better



Stop and



take a



Breath



(Quietly
Breath In)



Book:

[Buy the book](#)

