

# Breathing Board

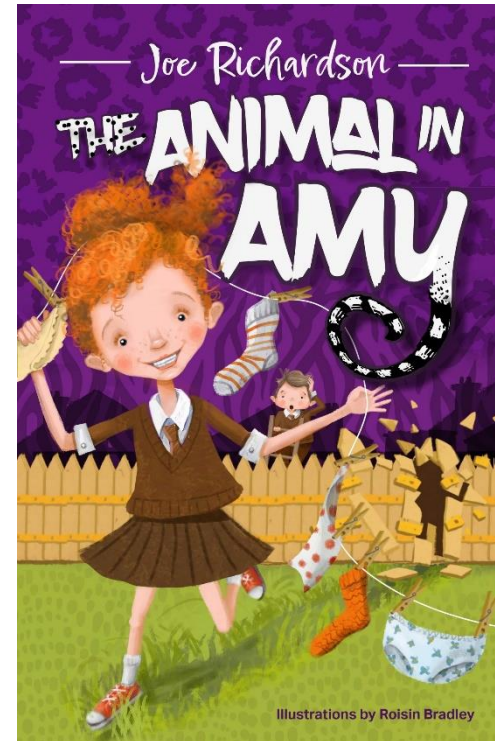
PD & MU

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PSHE

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Life Education



## Regulating Emotions

Breathing Boards - activities and worksheets

# Breathing Board

In chapter 8 Amy successfully uses a breathing exercise to regulate and control her emotions.

Re-read this part of the story.

Sometimes when you are in a high emotional state, using a breathing exercise can help you to relax.

# Breathing Board

Write about an occasion when you were highly emotional.

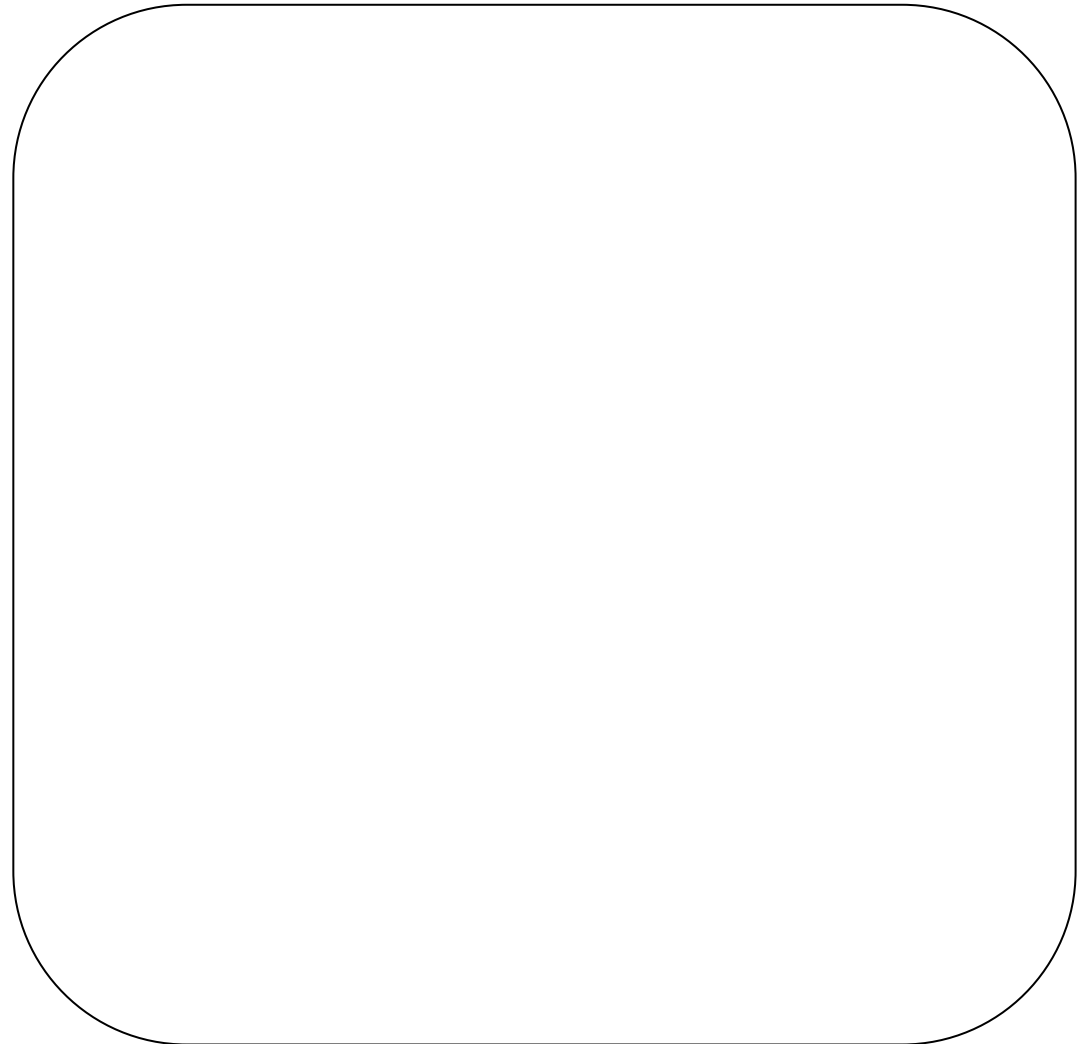
The emotion

How did the emotion present itself in your body?

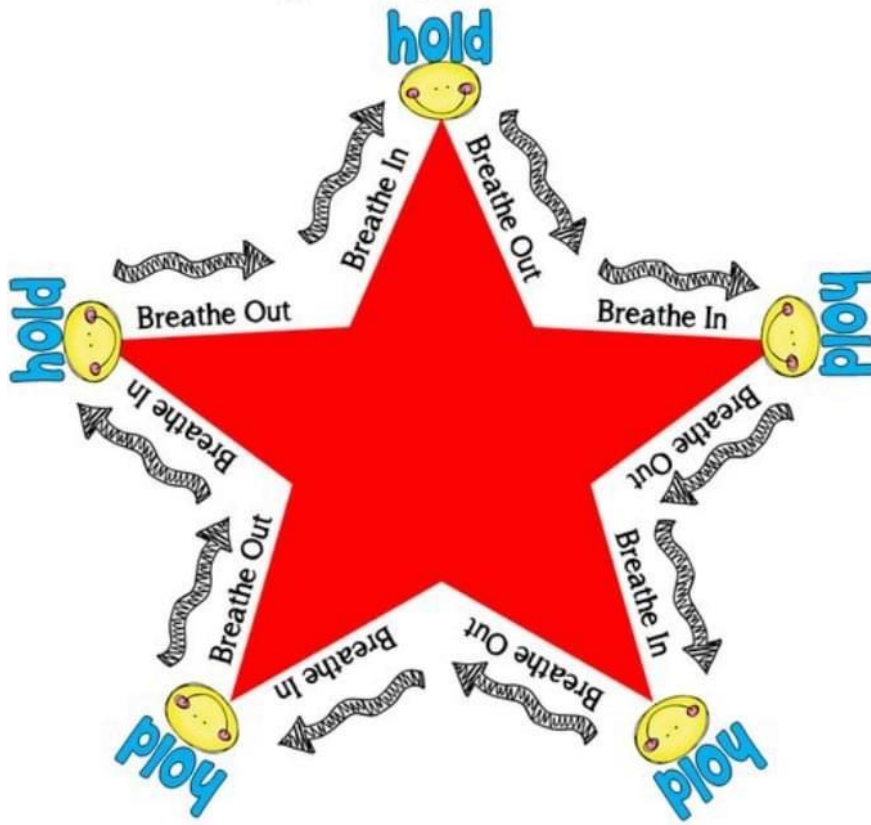
What triggered / caused your emotion?

How would use of a breathing board have helped you manage your emotion?

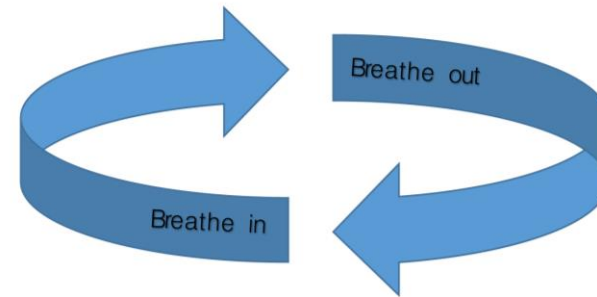
Design a breathing board to help you when you're in a high emotional state.



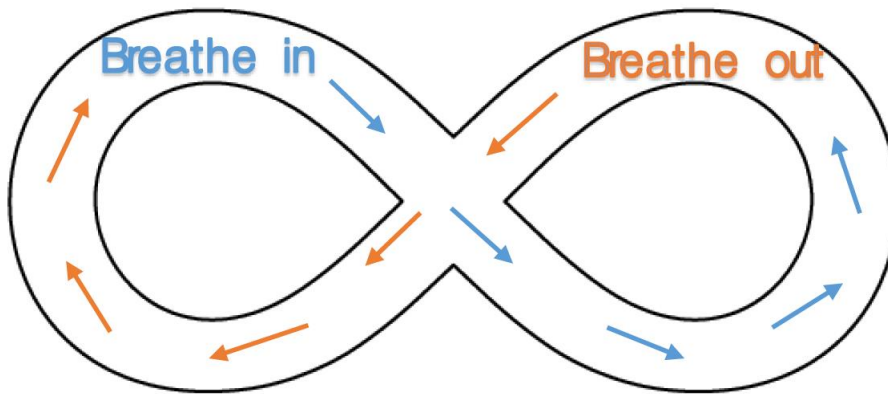
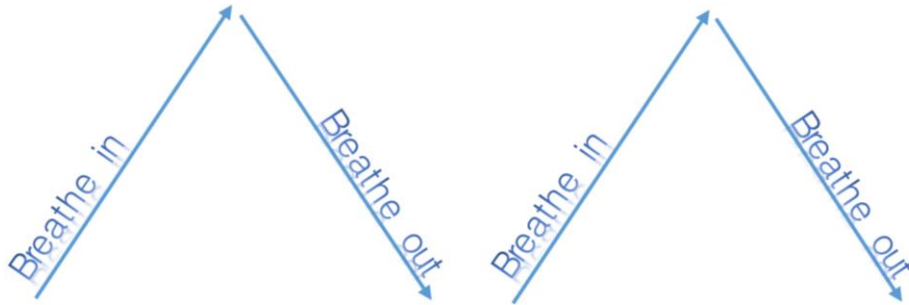
# Breathing Board



Practice each breathe board by following the lines with your finger as you breathe in and out.



# Breathing Board



# Breathing Board

## Case Study 1

### Using the skill

Jamie has spent all day in school talking with Amy about playing together online.

When his mum collects him at three o'clock, he can't wait to get home and log in to play. However, his mum has other plans. She needs to go shopping first.

Jamie isn't happy. The shopping seems to drag on forever, and all he wants to do is get home and play his game. He can feel anger growing inside. He is constantly scowling; his face is becoming red and every time his mum speaks to him his replies are short and cheeky.

Then he remembers 'breathing techniques. He takes a deep breath. Thinks about his breathing. And remembers that just like the time inside the shops will pass, so too will his emotion.

He begins to feel much better. And when he gets home and logs in, he finds that his Amy was running late too.

# Breathing Board

## Case Study 2

### Using the skill

Christine has always been terrified of dogs. She doesn't know why and has never had a bad experience with them. But just seeing one sends her into shock.

While walking to her friends her worst fear occurred, walking towards her was an enormous black dog, and he was looking right at her.

Christine froze. The fear had taken control. She couldn't move. Her heart was thumping hard against her chest, and she could feel the beads of sweat gather on her forehead.

The dog and his owner closed in. She took a deep breath and remembered her breathing techniques. While her body was rigid, her eyes followed the dog and her mind focused on breathing.

It just seconds it was over. The dog paid no attention to Christine and casually walked by.

Christine exhaled loudly. Smiled to herself and walked on towards her friend's house.

# Breathing Board

## Case Study 2

### Using the skill

Stacey loves numeracy and thinks she is quite good at it. She's possibly even the best in her class. She knows all her times tables and can remember how to complete lots of different sums successfully.

However, she isn't great at problem solving tasks. She gets so worked up and stressed that she can't concentrate. Her mind races and she begins to fidget and panic.

What advice could you give Stacey?

Can you teach her how a breathing technique could help?