Cool Down Breathing Activities

**USE THESE ACTIVITIES TO CALM** and focus students before they take a stressful test!

1. **Bee’s Breath**
   
   **FIRST,** sit at your desk with your shoulders rolled back and your feet flat on the floor.
   
   **THEN,** close your eyes, and put your hands over your ears.
   
   **NEXT,** take a deep inhalation. Exhaling to the count of four, make a buzzing sound together like a bunch of bees.
   
   **LAST,** let’s keep our eyes closed and repeat Bee’s Breath four times together.

2. **Lion’s Breath**
   
   **FIRST,** sit at your desk with your shoulders rolled back and your feet flat on the floor.
   
   **THEN,** close your eyes, and lay your hands flat on your desk, palms down.
   
   **NEXT,** take a deep inhalation. Exhaling to the count of four, stick your tongue out, and roar like a lion, as you let go of any stress or tension you may be holding in your body.
   
   **LAST,** let’s keep our eyes closed and repeat Lion’s Breath four times together.

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