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Three balanced breathing exercises for you and your child

1. A simple exercise for you and your child is to focus on your breath, breathe deeply and picture your stomach like a flat balloon. Now fill that balloon and see your stomach rise, then deflate the balloon. If you watch a baby breathing, see how their stomach rises up and down every time. Do this a few times a day to ensure that your blood is being oxygenated.
2. To oxygenate your body, stand on your toes, stretch up tall with hands stretched high above your head and palms touching, then bring your hands slowly down beside your body and at the same time lower your heels. As you stretch up you will automatically breathe in and as you lower your body you breathe out. This type of breathing is rhythmical, it is calming and wonderful to oxygenate the body and restore good health and great to stabilise asthma sufferers too. It is also calming, so you and your child can practice this as many times as you wish.
3. For balanced brain breathing hold your thumb and forefinger on either side of the nose. Lift the thumb, breathe in and count to four, hold your breath and count to four, replace the thumb and lift the forefinger and release the breath counting to four. Using the forefinger and breathing in repeat the movement. You only need to do this around six times.

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