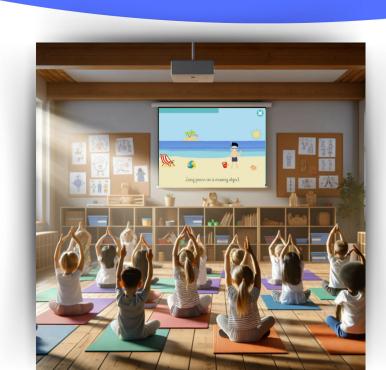
# **ACTIVITY IDEA WITH**

## **Quiet Time**



This workshop aims to introduce children to the practice of conscious breathing as a tool for relaxation and stress management, using visual or tactile elements to help focus their attention and deepen their experience of relaxation.



## Introduction to Breathing:

Start by explaining the importance of posture for breathing well. Guide children to stand up straight, whether sitting or standing, ensuring their backs are straight but relaxed.

## Discovery of the Object:

Present the object that is moving on the screen or the physical object chosen for the exercise. Explain how they will use this object as a focus for their breathing.

## **Breathing Practice:**

Guide children through the steps of breathing:

- Inhale deeply through your nose, focusing on the moving object or gently manipulating the physical object.
- Hold their breath briefly, keeping their attention on the object.
- Exhale slowly through your mouth, continuing to focus on the object.

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#### **Breathing Rate:**

Encourage children to follow their own breathing rhythm, reminding them that there is no rush and that the goal is to feel calmer and more relaxed.

#### Variation of the Exercise:

To maintain engagement, vary the moving objects or physical objects used in the exercise. This can help keep children interested and explore different breathing sensations.

### Experience sharing:

After a few cycles of breathing, offer the children the opportunity to share their experience. How do they feel? Did they notice anything special during the exercise?

#### **Relaxing Conclusion:**

End the workshop with a short relaxation session, where children can lie down or sit comfortably, inviting them to close their eyes and continue breathing calmly, listening to music or nature sounds.