

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.