

Investigate the Breath with Pudsey



Settling

'OK, children. We are going to do a little experiment where we focus on our breath.'

'We will begin by focusing on something simple and something we all have – our breath.'

'The breath is amazing. It keeps us alive, brings oxygen into the body and takes away carbon dioxide. But it can do more than this.'

'Did you know the breath helps us to understand how we are feeling? When we are calm, the breath will usually be quite slow and steady. If we are worried, sad or upset, the breath is often quicker and tighter. Just focusing on the breath can help us tune into how we are really feeling.'

'But focusing on the breath can also help us to feel calmer.'

'So, today we are just going to do an experiment. What happens when we just focus on our breath?'

'Make sure you are sitting comfortably and now close your eyes so it is easier to concentrate.'

Main Practice

'We start by concentrating on our breath. We don't have to do anything special. Just notice that you are breathing.'

'Where can you feel the breath in the body? Where can you feel it moving? Is it in the belly? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where.'

'As we breathe, we can begin to settle into our sitting position. If you are still uncomfortable, have a little wriggle to find a really comfortable position.'

'Now we will start the experiment to really focus on the breath.'

'Breathe in, breathe out. How does the breath feel?'

'Is it smooth and soft?'

'Is there a tightness?'

'We don't need to change the breath. We don't need to try to make it calm. We just explore the feeling of the breath as it is.'

'Breathe in, breathe out. How does the breath feel?'

'If the mind wanders or if you get caught daydreaming, that's OK. Whenever this happens, we just notice this and start again! We just focus on the next breath.'

'Is the breath quick? Is the breath slow? There is no right way and there is no wrong way.'

'Breathe in. Breathe out. How does the breath feel?'

'Now, we simply sit in silence for a few moments. All you have to do is breathe.'

'If you daydream, that's OK. Whenever this happens, we just notice this and refocus our attention on the next breath.'

(Allow a minute or so of silence for the children to just focus on their breathing.)

'Breathe in. Breathe out. Nothing else to do. Nothing to get right. Just focusing on the breath.'

Close

'As we continue to breathe in and out, we can open the eyes, have a little stretch and allow the practice to close.'

'How are you feeling right now?'