

Belly Breathing

Description: This activity is designed to teach the participants total relaxation and can be used as an aid in managing asthma.

Objectives: The participants will be able:

- To learn how to use belly breathing as a method to relax during an asthma episode
- To learn about the benefits of relaxation

Age Ranges: All ages

Setting: An area that allows campers to recline in a relaxed position on their back

Materials Needed:

- Belly Breathing
- Relaxation music (optional)
- Wrapped candy that can be used during the exercise and then as the reward for their participation (optional)

Directions:

1. Explain to the participants what you are going to do.
2. Have campers recline in a relaxed position on their back.
3. Ask campers to close their eyes and get comfortable.
4. Find the best place to allow all campers to hear you while speaking in a soft, slow voice with music playing.
5. Guide the participants through the exercise allowing 30 minutes to complete all the steps.

Belly Breathing

Navigation:

1. *Start with 3-6 cycles of pursed-lip diaphragmatic breathing Belly Breathing.*
Inhale slowly, 1...2...3...
Now, exhale slowly,
1...2...3...4...5...6...
(repeat 0-3 times)
2. Inhale and curl your toes
under tightly. 1...2...3...
Now, exhale and relax your
toes.
1...2...3...4...5...6...
(repeat 2-5 times)
3. Inhale and flex your ankles,
pointing your toes toward your
knees. 1...2...3... Now,
exhale and relax your ankles.
1...2...3...4...5...6...
(repeat 2-5 times)
4. Inhale and squeeze your
buttocks together. 1...2...3...
Now, exhale and relax your
buttocks.
1...2...3...4...5...6...
(repeat 2-5 times)
5. Inhale and make fists with
your hands, 1...2...3... Now,
exhale and relax your hands.
1...2...3...4...5...6...
(repeat 2-5 times)
6. Inhale and fists with your
wrists, 1...2...3... Now,
exhale and relax your wrists.
1...2...3...4...5...6...
(repeat 2-5 times)
7. Inhale and flex your arms at
your elbows, 1...2...3... Now,
exhale and relax your elbows.
1...2...3...4...5...6...
(repeat 2-5 times)
8. Inhale and scrunch your
shoulders up to your ears.
1...2...3...
Now, exhale and relax your
shoulders.
1...2...3...4...5...6...
(repeat 2-5 times)
9. Inhale and put your chin down
into your chest. 1...2...3...
Now, exhale and relax your
chin.
1...2...3...4...5...6...
(repeat 2-5 times)
10. Inhale and smile, a big smile.
1...2...3... Now, exhale and
relax your mouth.
1...2...3...4...5...6...
(repeat 2-5 times)
11. Inhale and pucker you lips.
1...2...3... Now, exhale and
relax your mouth.
1...2...3...4...5...6...
(repeat 2-5 times)
12. Inhale and close your eyelids
as tight as you can.
1...2...3... Now, exhale and
relax your eyelids
1...2...3...4...5...6...
(repeat 2-5 times)
13. *Ends with 3-6 cycles of
pursed-lip diaphragmatic
breathing:*
Inhale slowly, 1...2...3...
Now, exhale slowly
1...2...3...4...5...6...
(repeat 0-6 times)