



# BREATHING EXERCISES TO SUPPORT MENTAL, EMOTIONAL, AND SOCIAL HEALTH

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Breathing exercises foster a positive, stress-free learning environment, helping students to calm the nervous system, enhance endorphins, and improve mental wellbeing.

## SCAN THE QR CODE TO:



- WATCH THE VIDEO
- DOWNLOAD ADDITIONAL RESOURCES

## GRADE LEVEL:



<https://microlearning.ccee-ca.org>

## KEY STEPS

1

### INTRODUCE DEEP BREATHING AND EXPLAIN BENEFITS

- Explain the benefits of deep breathing as a stress management technique, emphasizing how it calms the nervous system and increases oxygen intake
- Highlight that deep breathing can be done anywhere and anytime
- Discuss how it helps reduce stress and anxiety

2

### DEMONSTRATE BELLY BREATHING

- Explain the technique of placing one hand on the chest and the other on the belly
- Inhale deeply, ensuring the belly expands while the chest remains relatively still
- Then, exhale slowly through pursed lips while feeling the belly contract

3

### GUIDE STUDENTS THROUGH BREATHING PRACTICE

- Instruct student to place their hands on their chest and belly, guiding them through several rounds of inhaling and exhaling with the belly-breathing technique
- Encourage them to focus on the sensations and the calming effects of the exercise