



A pause you carry with you

The skill of breathing · name: _____ · date: _____



The breath is always present, although most of the time we do not notice it. Paying attention to its pace can create a small pause during pressure, before a test or after a difficult moment. Breath practices do not work in the same way for everyone, so this lesson offers options rather than a single correct technique.

What we are practising

By the end of this lesson, you can try a simple breathing pattern and explain that changing the pace of the breath may help some people settle.

During the activity

Draw your breath: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

In what kinds of everyday situations might a slower out-breath, or a shape to trace, be a useful pause, and when would someone need a different kind of support?

Exit ticket · A pause you carry with you

According to the lesson, what can a slightly longer out-breath do for some people?

- a) It speeds up the heart rate
- b) It can help the body settle, although it does not work the same way for everyone
- c) It has no real effect on the body
- d) It increases alertness before a test

I can try a simple breath pattern or choose another way to pause, and explain in my own words why a longer out-breath may help some people settle.

☐ more than before ☐ about the same

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