



Breathing Tools for Kids

Energy Breath

Energy Breath comes from the Chinese practice of Qigong. Qigong uses movement and breath to help bring energy to the body. Energy Breath is a great tool to use when you feel sluggish or tired.

Instructions

1. Stand with your feet shoulder width apart.
2. Breathe in and bring your arms up in front of you. Continue to breathe in and open them to your sides.
3. Exhale and close your arms in front of you, continue to exhale as you bring them down to your sides.
4. Repeat five times.
5. Close your eyes and notice how your body feels.
6. Create positive energy by rubbing your hands together for at least 10 seconds.
7. Place your hands where you need positive energy in your body, hold them there for 8 - 10 seconds.

