

Lesson Plan - Belly Breathing with Buddy Bear

Objectives:

- Identify comfortable and uncomfortable feelings.
- Learn how to use *One Finger* breathing to feel better when having uncomfortable feelings or getting ready to learn new things.

Lesson:

- Have children sit and gather together in a circle or on the floor.
- Explain that we all have many different feelings each day and that all of our feelings are important.
- Discuss how we sometimes have comfortable feelings that make us feel good. Ask students to brainstorm comfortable feelings and use a thumbs-up symbol for each one. **Happy, excited, grateful, calm.**
- Discuss how we sometimes have uncomfortable feelings that don't feel good. Ask students/children to brainstorm uncomfortable feelings and use a thumbs-down symbol for each one. **Angry, frustrated, worried, scared, disappointed, jealous, sad.**
- Explain that when we have uncomfortable feelings we can stop and take belly breaths to help us feel better.
- Demonstrate *One Finger* breathing by placing one hand on your belly and your pointer finger on the other hand on top of your nose. Take a big belly breath in through your nose, filling your belly up with air. Hold for count of 2. Bring pointer finger down to lips and quietly exhale, slowly blowing air out through your mouth. (In for 4, hold for 2, out for 6.) Have children join you and take two more *One Finger* belly breaths together. Check in afterwards and see how everyone is feeling. Relaxed? Calm? Happy? Ready to learn?
- Read the following Buddy Bear scenarios. Have children show you with a thumbs-up or thumbs-down gesture how Buddy Bear is feeling. Help students name the feeling. When the feeling is an uncomfortable feeling, stop and take a *One Finger* belly breath together.

Buddy Bear Scenarios

Buddy Bear's mom is at work. Buddy Bear misses his mom. How do you think Buddy Bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **sad**. Sometimes we feel **sad** when we miss someone or when our feelings get hurt. Show me with your thumbs, what kind of feeling is **sad** – comfortable or uncomfortable? (Thumbs-down.) What can we do to feel better when we have uncomfortable feelings? **Take a belly breath!** Take a *One Finger* belly breath together.

Buddy Bear is going to the doctor. Buddy Bear is going to get a shot. How do you think Buddy Bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **scared**. Sometimes we may feel **scared** of things that might hurt us, even when they are good for us. Show me with your thumbs, what kind of feeling is **scared** – comfortable or uncomfortable? (Thumbs-down.) What can we do to feel better when we have uncomfortable feelings? **Take a belly breath!** Take a *One Finger* belly breath together.

Buddy Bear is going fishing. Buddy Bear doesn't catch any fish. How do you think buddy bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **disappointed**. Sometimes we feel disappointed when want something and we don't get it. Show me with your thumbs, what kind of feeling is **disappointed** – comfortable or uncomfortable? (Thumbs-down.) What can we do to feel better when we have uncomfortable feelings? **Take a belly breath!** Take a *One Finger* belly breath together.

Buddy Bear wants his dad to read a bedtime story. Buddy Bear's dad is busy rocking the baby. How do you think buddy bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **jealous**. Sometimes we feel **jealous** when we think

someone has something that we really want. Show me with your thumbs, what kind of feeling is **jealous** – comfortable or uncomfortable? (Thumbs down.) What can we do to feel better when we have uncomfortable feelings? **Take a belly breath!** Take a One Finger belly breath together.

Buddy Bear is riding on the school bus. Buddy Bear has never been on a school bus before. How do you think buddy bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **worried**. Sometimes when we do things that we have never done before, we can feel **worried**. Show me with your thumb, what kind of feeling is **worried** – comfortable or uncomfortable? (Thumbs down.) What can we do to feel better when we have uncomfortable feelings? **Take a belly breath!** Take a One Finger belly breath together.

Buddy Bear is at home with his family. Buddy Bear's family is getting ready to learn how to play a new game. How do you think Buddy Bear feels? (Allow children time to guess.) Yes, Buddy Bear feels **happy**. Show me with your thumb, what kind of feeling is **happy** – comfortable or uncomfortable? (Thumbs-up.) What can we do to get our body and brain ready to learn new things? **Take a belly breath!** Take a One Finger belly breath together.