

Activity

Relax & Breathe



- Play 'I Am Calm' song. Close your eyes and imagine you are lost at sea like Little Boy. What can you feel in your body? Does your body feel twitchy and tight? Do you feel wobbly in your tummy? What can you notice?
- Let's learn about breathing and singing from our diaphragm. Place one hand on your chest and one on your belly by your rib cage. Keep your eyes closed and breathe in through your nose feeling your belly rise. The hand on the chest should stay as still as possible. Breathe out through your mouth and feel your belly deflate. The hand on the chest should still remain as still as possible.
- Now practice on the out breathe making a little 'shhhhh' noise like the sea waves swishing backwards and forwards. See how long your breath can last and then take another. With every 'shhhh' sound imagine you are telling the ocean's waves to calm down.
- Let's imagine you can see Wisdom the Whale coming to rescue you. She is singing to calm you so we choose to sing back to thank her. Breathe in through your nose and out through your mouth singing a gentle 'hum'. See how long this sound lasts and then take another.
- Try this with your class, friends or family and listen to the beautiful harmonies you have created and see how calm you feel in your body now.

I Am Calm

1, 2, 3, sit with me, I am calm.
1, 2, 3, breathe with me, I am calm.

Put your feather in your hand.
Blow your troubles to far away lands.
Watch them float away in the breeze.
Close your eyes, now is the time to
breathe.



Chords: D G A Bm

I Am Calm

D

1, 2, 3, sit with me,

G

I am calm.

D

1, 2, 3, breathe with me,

G

I am calm.

G

A

Bm

Put your feather in your hand.

G

A

Bm

Blow your troubles to far away lands.

G

A

Bm

Watch them float away in the breeze.

G

A

D

Close your eyes now is the time to breathe.



Song Actions

123, sit with me, I am calm

- count on fingers for 123, hands in lap for sitting, palms float down to the side for calm.

123, breathe with me, I am calm

- count on fingers for 123, hold finger to nose for breathe with me, palms float down to the side for calm. Put your feather in your hand. Blow your troubles to far away lands

- place imaginary feather (or real feather) in hand, blow or gently throw it into the air.

Watch them float away in the breeze - Close your eyes, now is the time

- one hand to forehead looking out at feather, hands over eyes and deep breath in and out.