

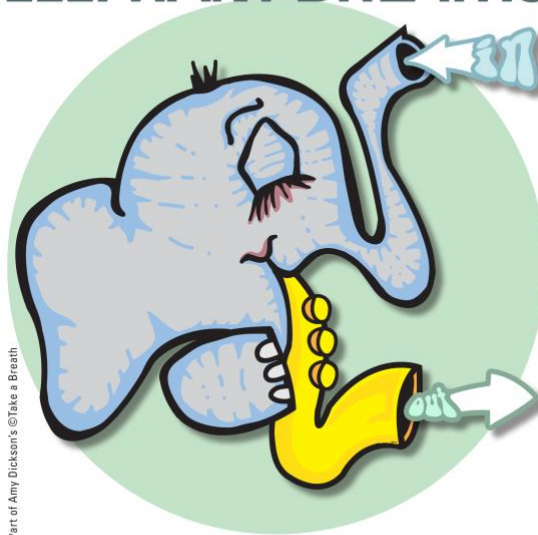
CORD File: *Finding Flow through Movement*

Talia Mason

Elephant Breaths: Elephant breaths are a simple way to have students connect breath and movement and find calm in moments when they are stressed out. This activity can be done in a circle or sitting at desks.

Script: Begin by raising an arm up into the air and start to imagine that you are an elephant. Feel your nose or elephant trunk fill with air as your fingertips reach up to the ceiling and as your fingertips lower, imagine that all of the air is being pushed out of your mouth. Every time you reach your fingertips up to the ceiling, imagine that you are breathing in a little more air and every time you lower your arm back down to the ground imagine that you are letting even more air out of your mouth. Gentle breath in through the nose, long breath out through the mouth. Continue imagining that elephant. Does the elephant have speckles? Is it a solid color? Is it multi-colored? Let the elephant become more real as you continue to inhale and exhale. Now imagine that the elephant is getting bigger as your arm reaches towards the ceiling and imagine that like an accordion the elephant contracts and gets smaller as you let your air out. How can you keep this elephant in your mind's eye as you continue to raise your arm up and down? Even if the elephant shrinks, can you hold onto all of the details? Keep breathing in and breathing out. Keep visualizing the elephant as it gets bigger and smaller. Try to feel yourself rooting to the ground just like an elephant would with its giant feet with every breath that you take in and every breath that you let go of.

ELEPHANT BREATHS



GENTLE BREATH IN THROUGH THE NOSE

LONG BREATH OUT THROUGH THE MOUTH

Image courtesy of www.amydickson.com