

# Breathing Activities

## Golf Breathing

**Purpose:** To calm the nervous system by developing full and deep breathing patterns.

Golf breathing is a fun method to learn about the breath and train the body to breathe fully and deeply. Golf breathing benefits the players by slowing the breath down, calming the nervous system, and cultivating awareness of the breath and how it can be changed to benefit the body.

### Preparation:

You will need:

- A clear floorspace
- Bean bags or cones to use as markers (2, 3, or 4 for each pair of students.)
- Bendy straws (one per student)
- Ping pong balls (one for each pair of students)

Set markers in a zig-zag pattern on the floor area or if only using two markers set them across from each other.

### Instructions:

1. Determine how many students will participate in each group, and the spacing of their markers. The first student moves their ping pong ball toward the first marker by blowing air through the straw at the ball. Only one, deep breath can be used to move the ball to the markers.
2. At the next marker, the second person takes over and blows the ping pong ball to the next marker (or in the case of only two markers, back to the first marker).
3. The objective is for each player to count how many times they blow the ball between markers, and work toward getting the ball from one marker to the next using one breath – a hole in one!

### Modifications:

1. Students play against themselves, playing the course several times, working to improve their score.
2. Students can use their scores and/or their classmates' scores to develop math problems, such as charts, graphing, averages, or create word problems.

Adapted from:

<https://www.yogifrogzkids.com>