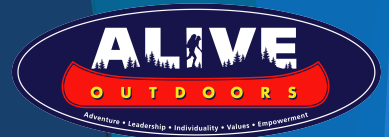


# A Moment of Intention #4



## Visual Breath – Identify the Rhythm in your Breathing

15 Min  
Activity  
For  
Any Age

We all know the benefits of taking intentional moments to practice mindfulness and relaxation within our day. Making time to practice and understand the little skills or activities that help us achieve this balance is important. Here is an activity that is timely and may do more than just help us be aware and conscious of our breathing and the impact our breath has on our mood, hunger, and attitude. **A note of caution, if you or your children are experiencing shortness of breath, are dealing with any type of respiratory condition please consider altering the activity to suit your specific situation, or the environmental/social conditions surrounding you.** Exploring some of the details around our breathing and the large volume of air and moisture that moves through our lungs may be a great bridge for discussion with little ones in relation to the spread of the COVID-19 virus within all of our communities. Food for thought.



This activity centers around drawing your breath. It is a wonderful exercise to help practice mindfulness through our awareness of our individual breathing patterns.

Step 1 - Take a moment to observe your breathing. Try and visualize each inhale and exhale you make.

Step 2 - Translate each breath onto paper by representing your breath in lines. Does your breath resemble long straight lines, or short lines, or wiggly lines. Decide on how you would represent your regular breathing in visual form. What would five regular breaths look like for you?

Step 3 - Now alter your breathing ever so slightly, breathe a little faster, now a little slower, draw each of these onto the paper. Is there a noticeable difference in what your breathing looks like? Try drawing a continuous line while breathing, don't stop drawing, continue as you inhale and exhale all the way to the end of your paper.

Step 4 - Let's try and replicate each of the below scenarios and draw what you think the following types of breathing would look like: (1) Breathing while running; (2) Breathing while swimming; (3) Calm breathing, like when you are trying to relax; and (4) Breathing right before sleeping or taking a nap.

### Reflecting On Your Breath

What is the character of your breathing? Long deep breaths, or short shallow breathing, is it fast or slow, what happens to you when you intentionally change your breathing to make it faster or slower?

### Interesting Facts About Our Breath and Breathing

- The average person breathes in the equivalent of 6 litres of air every minute. That is 8640 Litres of air a day for each of us, or about eight six-person hot tubs worth of volume!
- The lungs are enormous. Your right lung is larger than your left lung. The left lung is made up of two lobes while right is made up of three lobes. If you laid out the lungs flat they would cover a tennis court (about 70 square meters!).
- Children laugh about 300 times a day. Adults laugh about 15 to 100 times a day. A number of studies have linked laughter with a boost in immune system function. Deep hardy laughter is best.
- Guinness World Records lists that Charles Osborne as the record holder for hiccupping for 68 years!
- The lungs are the only organs in the human body to float on water.
- Breathing has very little to do with oxygen. Air has 21 percent oxygen and the body only needs 5 percent.
- In human beings, the right lung is larger than the left lung to accommodate the heart.
- Seventy percent of waste is eliminated through your lungs just by breathing.
- Our breath is an indicator of our mood and our mood is an indicator of our breath. This means that if we change how we breathe we can change our mood. It also means that when our mood changes so does our breath.