

Puku breathing

Kaiako card 22

Why this activity?

When we get stressed or anxious, we tend to take shallow breaths, which only adds to the tension. But when we focus on taking deep breaths from our puku, it sends a signal to our brain to calm down and relax

You'll need:

A quiet place and your awesome tamariki!



What to do:

Take some time to practise puku breathing with your tamariki, afterwards lead a brief kōrero around how this activity has made tamariki feel.

Puku breathing is really easy to do.

- Ask tamariki to find a quiet and comfortable place to sit or lie down.
- Ask them to put one hand on their puku and one on their chest.
- Guide them to breathe in slowly and deeply through their nose. Making sure their hand on their puku moves out, but their hand on your chest stays still.
- Slowly count a breath in for 4 and breath out for 6
- Repeat this a few times until you can see tamariki feel calm and relaxed.

Remember that breathing can be repeated any time. It's a great way to settle and calm tamariki as well as support tamariki in developing the skills to regulate their emotions.

Whānau engagement:

Encourage tamariki to share the puku breathing steps with whānau and continue practising at home.