

# SELday

## Teaching Belly Breathing to My Family

### EARLY LEARNING ACTIVITY

**On the second Friday in March, schools around the world will be celebrating SEL Day. What is SEL Day? It's a day when children, educators, and families can show their support for social-emotional learning (SEL). Use this activity as a fun way for your class to participate.**

On SEL Day, join in the global celebration. Share how your class is using this activity on social media using the hashtags #SELday and #SecondStep and add your voice to all those who support SEL in education.

Find more fun, free SEL activities at [secondstep.org/free-sel-resources](https://secondstep.org/free-sel-resources)

Learn more about SEL Day at [selday.org](https://selday.org)

### Activity Overview

In this activity, children will practice deep belly breathing as a way to be calm when experiencing big feelings, and prepare to teach belly breathing to their families.

 **Bold**—Teacher's script  
 *Italics*—Anticipated student responses

### Objective

By the end of this lesson, children will be able to verbally explain belly breathing.

### Lesson Notes

- If your site is at an elementary school doing the SEL Day assembly look for 1–2 children from your class who could help demonstrate deep belly breaths during the introduction.

## Skill Practice

1. Social-emotional learning day is coming up soon. Social-emotional learning is when we practice listening, noticing our feelings, being kind, and solving problems. To celebrate social-emotional learning day, we're going to teach our families about belly breathing.
2. Belly breathing helps us feel better when we're having a big feeling. Let's practice it. Demonstrate belly breathing for your class. Breathe in slowly through your nose and then slowly out through your mouth. Your hands are on your belly. You should feel your belly move out when you breathe in through your nose.
3. Have children practice belly breathing.

## Activity

1. Today, you're going to teach someone in your family how to belly breathe, like I just taught you. Who's a family member you're going to see today? Call on children to answer.
2. When you see your family member, teach them how to belly breathe. Have children practice belly breathing with you again. Remember:
  - Breathe in slowly through your nose and then out through your mouth
  - Put your hands on your belly
  - Feel your belly move out when you breathe in through your nose
3. Have children practice showing each other how to belly breathe.
4. When you teach someone to belly breathe, you're helping them feel better when they have big feelings, and that's a very kind thing to do.