

This is a great warm up and cool down activity. Try it, give it a shot!!!!

<b>Activity Good For:</b>	Warm-Up or Cool-Down, Mindfulness
<b>Equipment:</b>	1 beanbag (or small object) per and relaxing music
<b>Skill Theme(s):</b>	Breathing slowly and deeply; effort (how the body moves)

## Organization:

1. Each child is scattered in self-space and is lying on his back.
2. Each child has a beanbag.

## Description:

1. Explain to children that breathing deeply is something that can help them to relax.
2. Tell them to breathe in “really big” and make their belly rise (inhale), and then breathe out making their bellies move down (exhale).
3. Repeat the breathing exercise using the terms “inhale” and “exhale” until the children are breathing slowly and fully.
4. Now, have the children lay on their backs with the beanbags on their chests.
5. Start the music (if using).
6. Have the children slowly inhale and exhale and watch the beanbag go up and down on their chest. This should last approximately 1-2 minutes.

## Teaching Suggestions:

1. Explain to the children that if they inhale deeply the beanbag should move up and when they exhale the beanbag should move down.
2. Pick up the beanbags quietly and slowly so that the children remain calm after the activity.

## Now Try This:

1. Use small rubber ducks (or a ball of socks, other soft object) instead of beanbags, and have the children imagine the ducks are swimming on their (the children's) chests as they breathe in and out.

## Adapted Ideas:

1. Children who use mobility devices may participate with their devices and adult assistance. If children cannot be transferred to the floor, they should participate to the best of their abilities while seated. If possible, a beanbag may still be placed on their chests with adult assistance.
2. Children with visual impairments may participate with a sighted guide.
3. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clearer communication.

Now a little something that will get you and your family moving a bit more!!! Don't forget to write down your minutes. You may repeat the activity on the link 2-4 times! Don't worry if you don't have a fitbit (neither do we). Just have fun and get moving! Take pictures/videos and email them to your coaches: [canorga@bisd.us](mailto:canorga@bisd.us) or [martinezr@bisd.us](mailto:martinezr@bisd.us)

## First Family Challenge:

Enter the link on your browser for the first challenge:

<https://youtu.be/5if4cjO5nxo>