

VOLCANO BREATH

BENEFITS

Calms and centers. Develops inner imagery. Develops group movement and awareness. Releases tension, regulates breath, and develops compassion and sensitivity.

TIME

2 to 5 minutes

ACTIVITY

- Stand with feet hip-width apart, or sit in a chair or cross-legged on the floor.
- Place palms together at the heart.
- Take a slow, deep breath through the nose and pause when the lungs are full.
- Hold the pause and bring the arms up over the head.
- Exhale and slowly “explode the volcano,” moving arms out to the side and then back together at heart.

VARIATIONS & INTEGRATION

- Think of someone or something you would like to send your heart thoughts to. Get the image of that person, animal, or place strongly in mind. On the next Volcano Breath, send your thoughts out to that person. Allow students to share who they sent their thoughts to.
- Ask students to think of something they would like to bring into their life. As they exhale, they can shower this image around them.
- Use stories of children sending positive thoughts to one another.

NOTES

Volcano breath with “heart thoughts” can also help to access and release underlying emotions that might inhibit the learning process (see p. 141).

