

# WELLBEING ACTIVITY



Breathing Buddy

<b>Lesson name</b>	Breathing Buddy
<b>Duration</b>	1 x 1 hour lessons
<b>Suggested year levels</b>	Foundation – Level 3
<b>Overview</b>	In this lesson, students will explore shape and form to create a breathing buddy using plasticine. Students will engage in breathing exercises to help them feel relaxed. They will then create their own breathing buddy to use in further breathing exercises, which will assist them in concentrating on their breath.
<b>Curriculum links to wellbeing</b>	<p>This lesson is aligned with the Australian Curriculum's Personal and Social Capability, as it encourages students to make decisions and work independently. Students will have the opportunity to make decisions about their work and how they represent their breathing buddy. They can choose the design for their piece, as well as the materials they wish to use. Additionally, students will work independently throughout this project, both in the construction of their breathing buddy and during the breathing exercises</p> <p><a href="#"><u>Personal and Social Capability (Version 8.4)   The Australian Curriculum (Version 8.4)</u></a></p>
<b>Materials</b>	<ul style="list-style-type: none"> <li>• Plasticine</li> <li>• Dough character pack</li> </ul>

## Activity

### Step 1

Students begin by exploring their breath. Guide them through different breathing exercises, such as inhaling for 5 counts and exhaling for 5 counts. Encourage them to gradually extend the length of their breaths and focus on their inhalations and exhalations.

### Step 2

Students create a breathing buddy to help them concentrate on their breathing. They use plasticine to form the base of their buddy. The buddy can take the form of any creature the students choose, whether it's imaginary, based on an animal, or another creature.

### Step 3

Students shape the plasticine into a small form and add details such as shapes and patterns using different colours. They can also mix plasticine to create their own custom colours.

### Step 4

Students finish the base of their buddy and add limbs and features using the dough character pack or by moulding and attaching plasticine to complete their creature.

### Step 5

Students can practice their breathing exercises again, this time with their breathing buddy. They lie down on the floor and place their buddy on their stomach. As they slowly breathe in and out, they can focus on observing the movement of their buddy.

## Reflection

- What do you notice about your breathe?
- What do you notice about your buddy as you breath?
- How do you feel after the breathing exercises?
- What was the creation of your buddy inspired by?
- What did you enjoy about this exercise the most?

### Extension and differentiation

- Students can create a drawn design for their breathing buddy before making it out of plasticine.
- Students can create their breathing buddy out of Magiclay instead of plasticine.
- Students can create different breathing buddies for different breathing exercises or to reflect different emotions.