

Using Movement, Breath, & Mindfulness: Giving Young Ones Tools to Self-Regulate & Focus

Presented by
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*Corner
of the Sky*

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WELCOME

What the Research Says

“Checking In”/Interoception

Choosing Practices

Let's Play!

Today's Asks...



- **Be Open!!**
- **Channel Your Inner Child!!**
- **Give the Practices a Try!!**

What the Research says...

**Taking a few deep breaths significantly reduces children's physiological arousal in everyday settings:
Results of a preregistered video intervention**

Jelena Obradovic 1, Michael J Sulik 1, Emma Armstrong-Carter 1

Affiliations + expand
PMID: 34813098 DOI: 10.1002/dev.22214

Abstract
This preregistered, randomized field experiment tested the effectiveness of a brief deep breathing intervention on children's concurrent physiological arousal in naturalistic settings (N = 342; Mage = 26% White; 21% other r

Taking four slow, deep breaths has been proven to positively affect a child's nervous system.



Obradović, J., Sulik, M. J., & Armstrong-Carter, E. (2021). Taking a few deep breaths significantly reduces children's physiological arousal in everyday settings: Results of a preregistered video intervention. *Developmental Psychobiology*, 63(8). <https://doi.org/10.1002/dev.22214>

Additional Research...

Movement & Mindfulness can help children increase focus and self-regulation.

Mindfulness-based interventions in schools- a systematic review and meta-analysis

Charlotte Zenner, Solveig Herrnleben-Kurz, Harald Walach
Institute for Transcultural Health Studies, European University Viadrina,
Frankfurt Oder, Germany

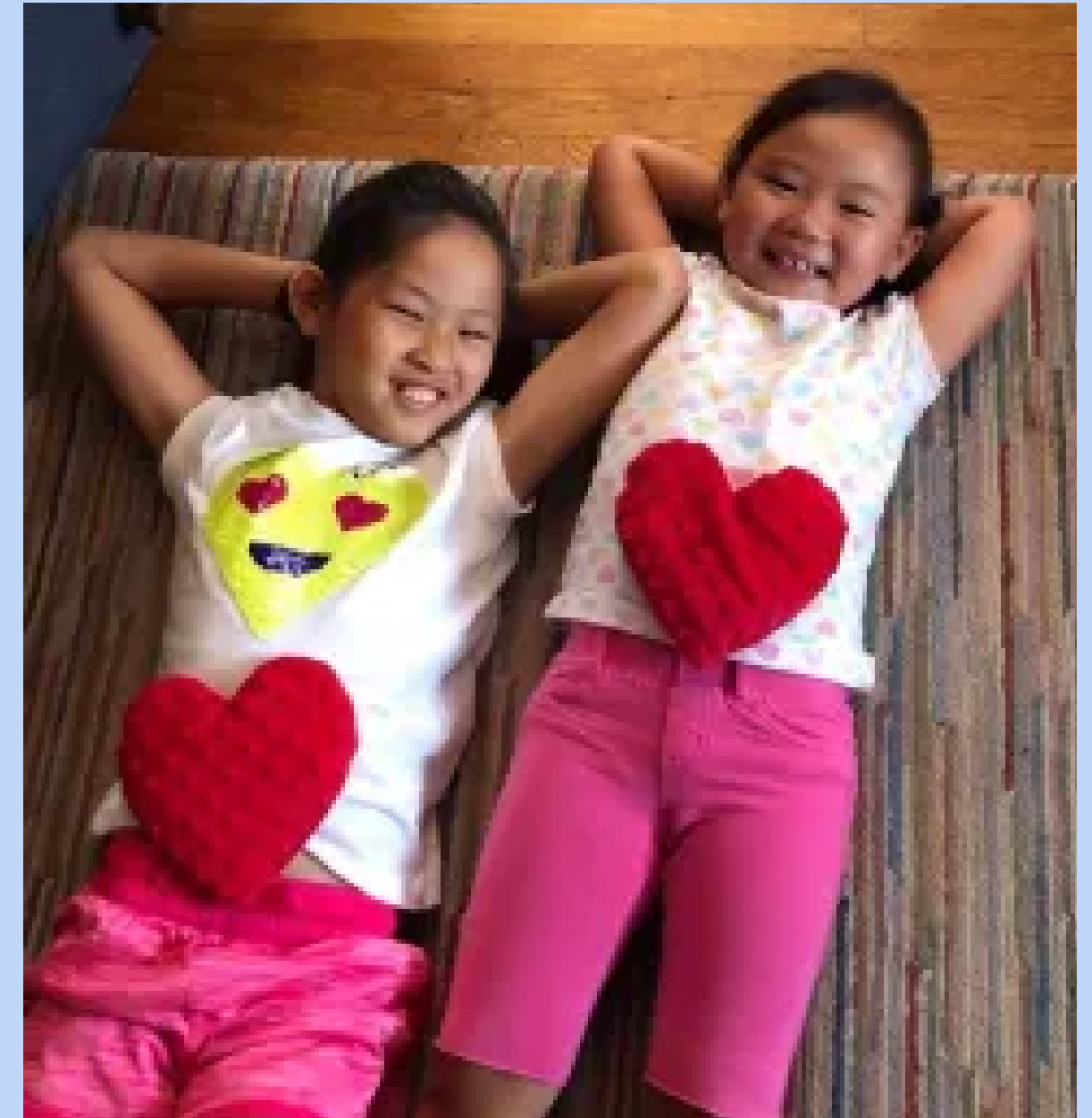
Mindfulness programs for schools are popular. We systematically reviewed the evidence regarding the effects of school-based mindfulness interventions on psychological outcomes, using a comprehensive search strategy designed to locate both published and unpublished studies. Systematic searches in 12 databases were performed in August 2012. Further studies were identified via hand search and contact



Zenner, C., Herrnleben-Kurz, S., & Walach, H. (2014). Mindfulness-based interventions in schools: a systematic review and meta-analysis. *Frontiers in Psychology*, 5. <https://doi.org/10.3389/fpsyg.2014.00603>



Movement, Breath, & Mindfulness Can Help Us:



**Self-
Regulate!**

Focus!

Calm!

Energize!



**...but how do we
choose the
most helpful
practices for
each situation?**

Mindful Check in = Interoception

Interoception is the process of sensing signals from the body (i.e. heartbeat, breathing, hunger, feelings).



Interoception can:

**Support
Body &
Mental
Functions**

**Facilitate
an
Integrated
Sense of Self**

**Provide
Opportunity
to Respond
Rather than
React**

**Help
Regulate
Emotions**



**Contribute
to Health
&
Well-being**

Time to Check in!!



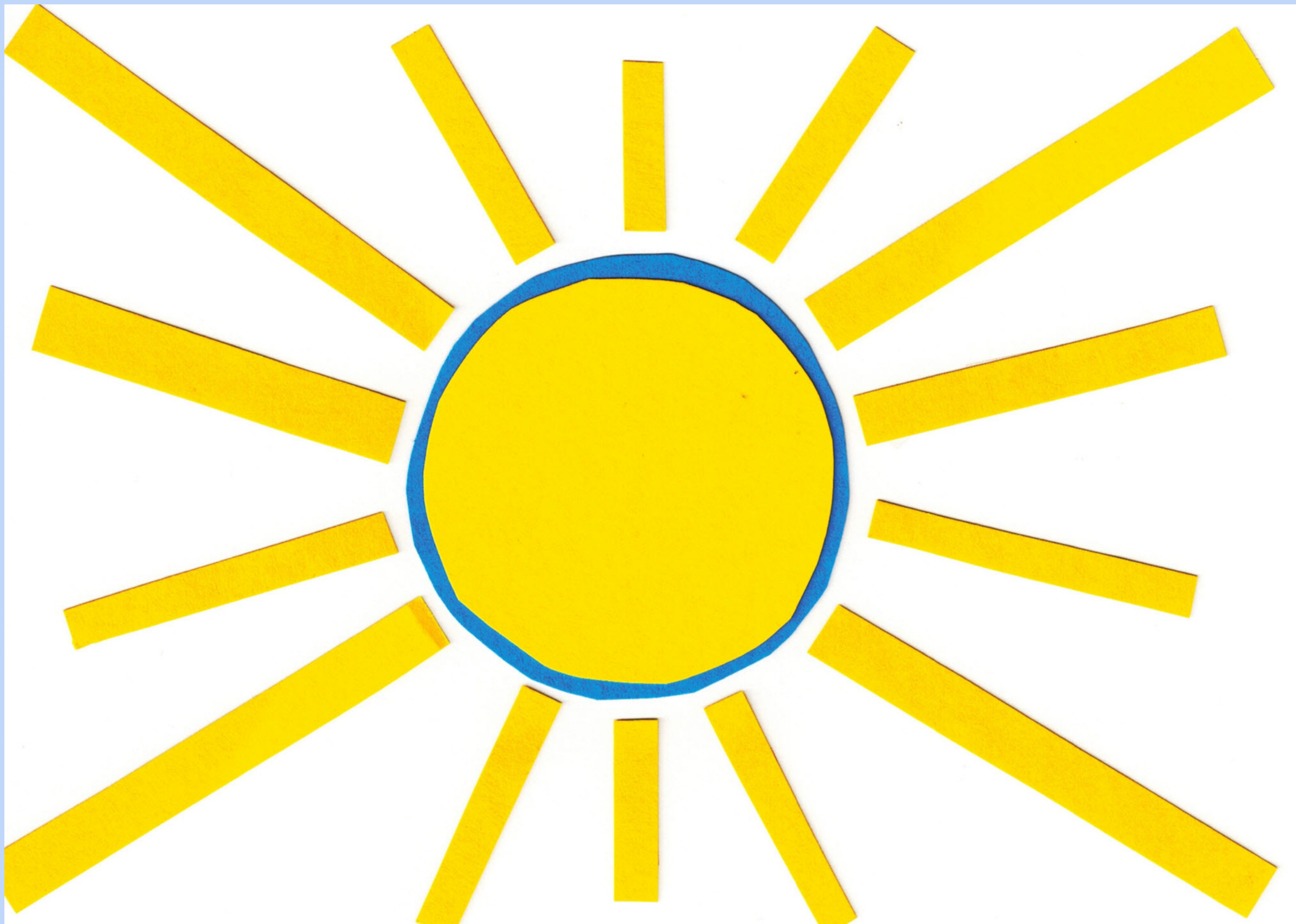
Practices...

- **Sun Breath**
- **Butterfly Breath**
- **Bumble Bee Breath**
- **Color Search**
- **Hot Chocolate Breath**
- **Candle Breath**
- **Starfish Breath**
- **Snake Breath**

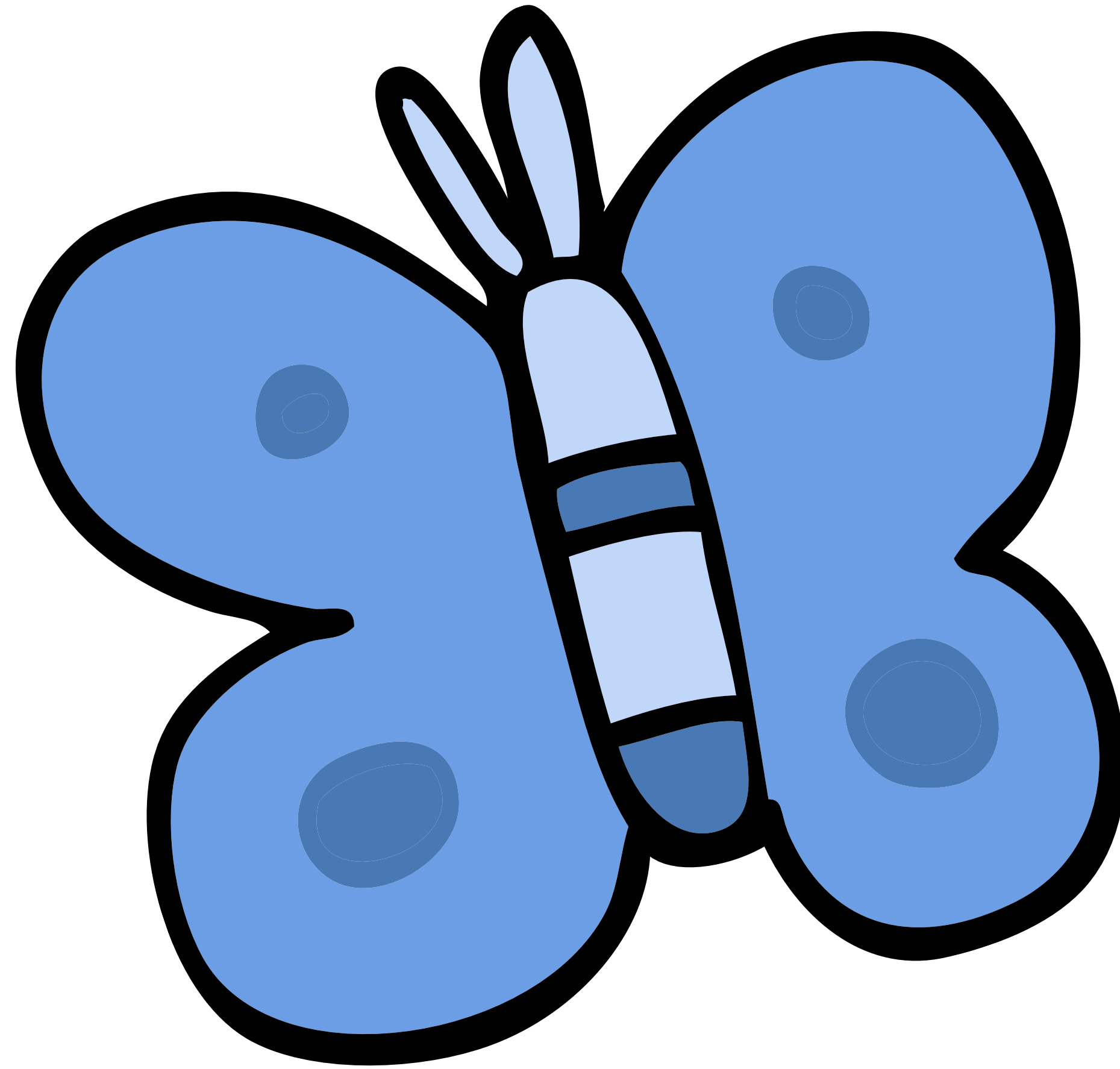
Physical Relaxation

- **Tense & Release**
- **Body Scan**

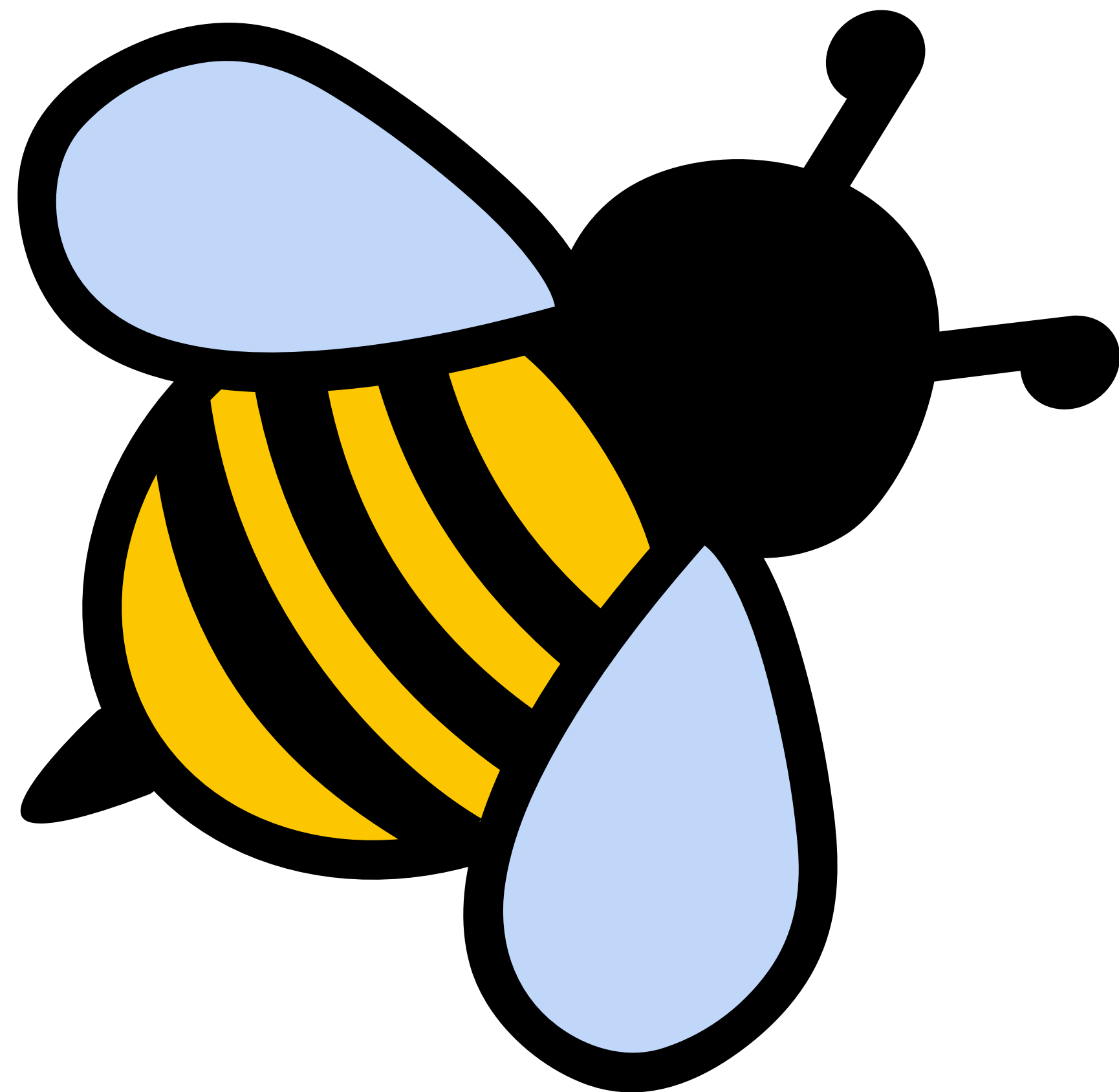
Let's Play...



Sunshine Breath



Butterfly Breath



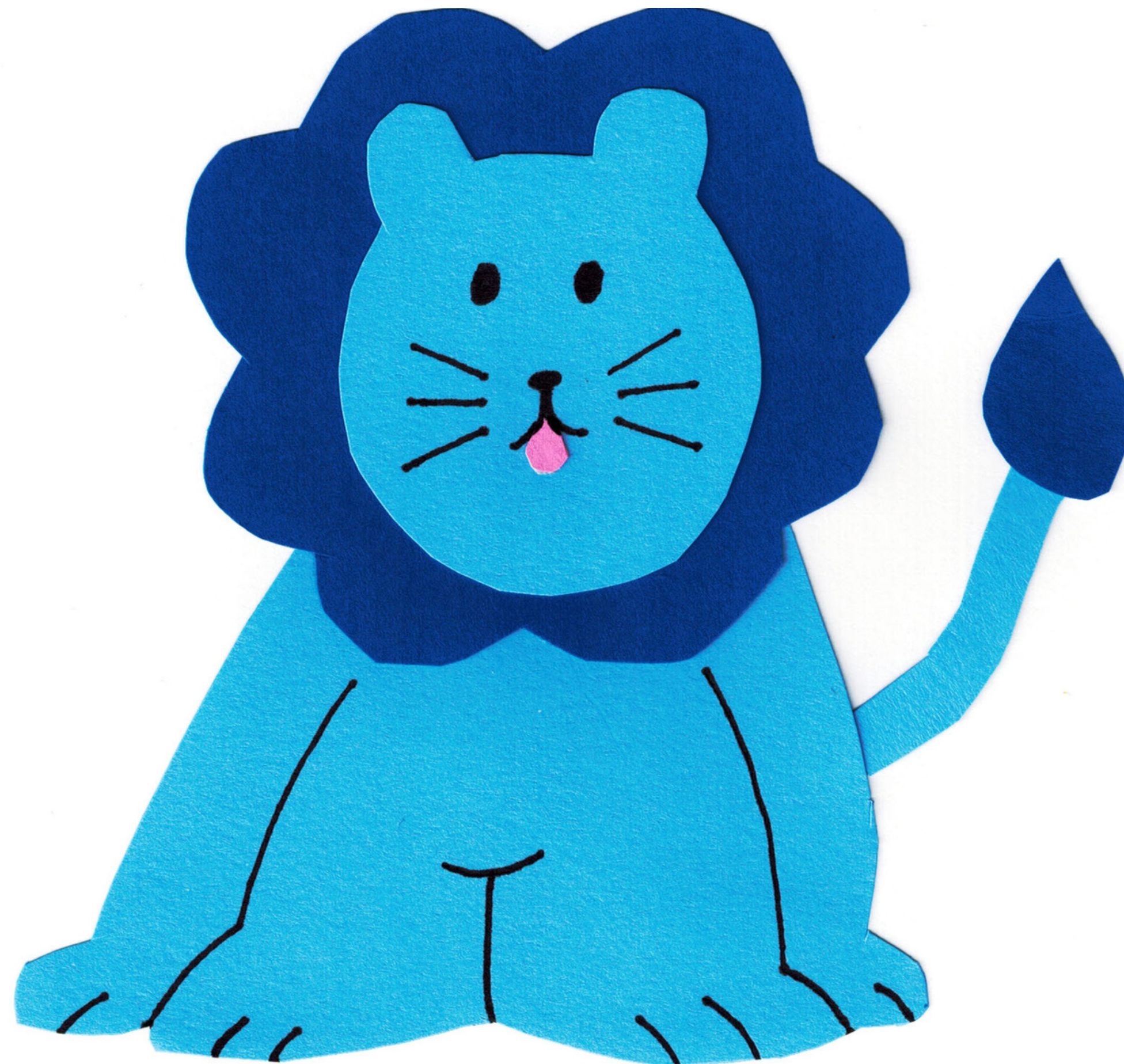
Bumble Bee Breath



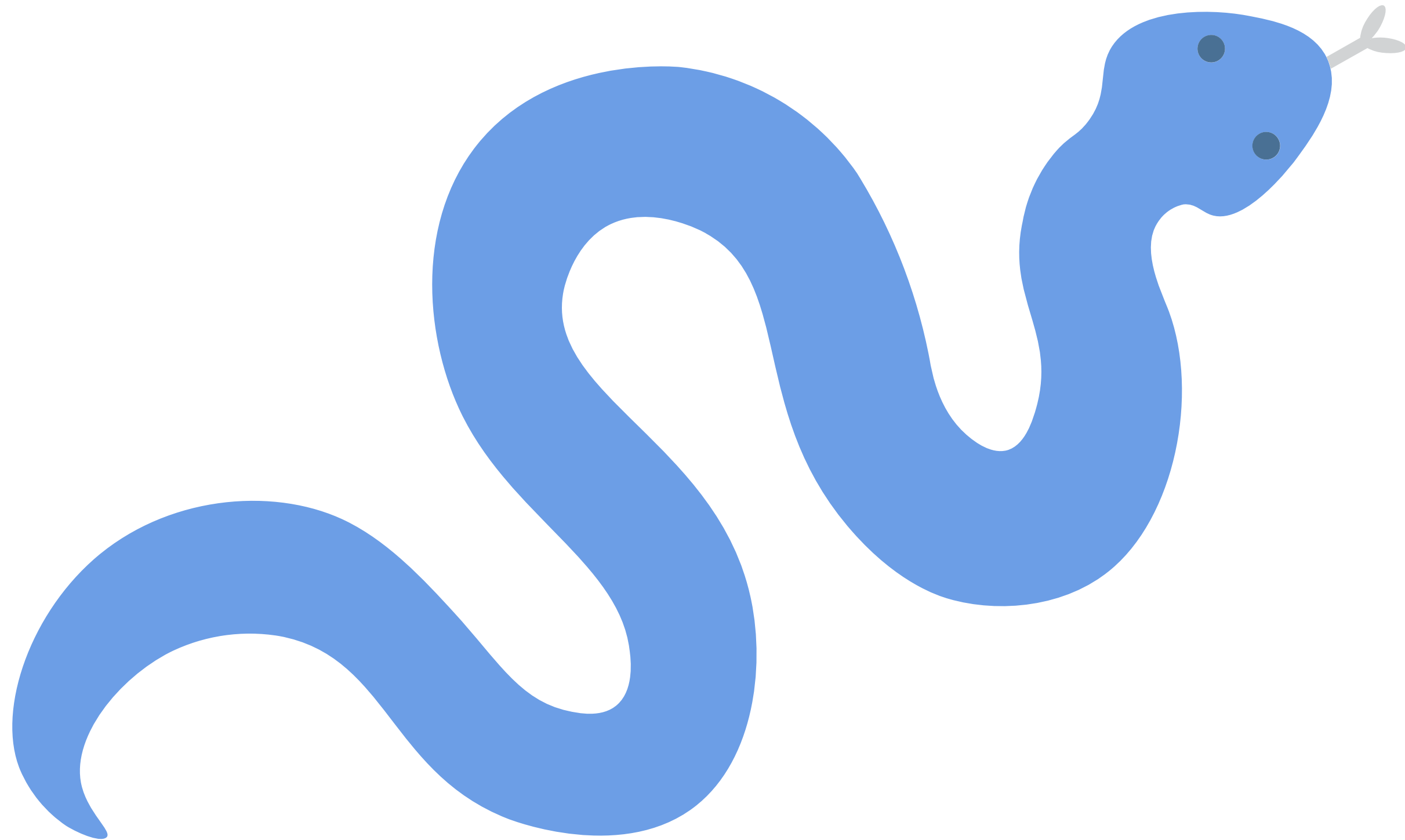
Color Search



Hot Chocolate Breath



Lion Breath



Snake Breath



Starfish Breath

Time to Rest/Physical Relaxation

**Tense &
Release**

**Body
Scan**



Helpful Tips!





**The time to
introduce new
tools is NOT
when your
child is
dysregulated!!**

Ideas for Practicing:

**(tie practice to something you
already do)**

**On the
way to
school.**

**After
dinner.**

**At
bedtime.**



**Find Time to
Practice
TOGETHER!!**

Make Practice Fun!!



More Helpful Tips!

♥ Calm creates calm. ♥

☯ Chaos creates chaos. ☯

**Caregivers,
SELF-REGULATE,
SELF-REGULATE,
SELF-REGULATE!**

HINT...

**The same practices
that work to regulate
children, help us to
regulate too!!**

**Thanks for learning and
practicing with me!!**

**Please feel free to reach out and/or
leave comments at
cornerofthesky.love**



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