

HERE

Back-To-Back Breathing

a body awareness & connection activity



* HOW TO —————

Place children and teens into pairs and ask them to sit back-to-back with their backs touching.

SCRIPT: "Close down your eyes and rest your hands on your knees. Sit up tall, back-to-back, with your partner and connect at the base of your spines. Start to breathe slowly. Can you feel your partner breathing? Slowly start to tune in to their rhythm. See if you can breathe together. Take 1-2 minutes here."

Optional Discussion:

- How did that feel?
- Could you feel your partner breathing?
Was it easy or difficult to breathe together?

