

# Dandelion Breathing

**Grade Level: Adaptable  
(5 to adult)**



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## Big Idea:

Breathing exercises help calm our minds and bodies. Using the image of a dandelion, students will learn a simple, visual breathing technique they can use anytime they feel overwhelmed, sad, or anxious.



### Materials Needed:

- Printed dandelion breathing worksheet or poster (provided)
- scissors (optional)
- paper fastener (optional)

### Breathing Exercise (5 minutes)

Begin by asking students if they've ever picked a dandelion and blown its seeds into the air. Share how dandelions are used in "I Lost a Day" as a resilience. Explain that today they will learn how to use their breath like a dandelion—to feel calmer inside.

- Teach the Breathing Technique . This is a variation of 4-7-8 breathing.
- Model the steps using a large image or the worksheet:
- Breathe in slowly through your nose (imagine smelling the flower). **4 seconds.** Hold it for just a second. **7 seconds.** Breathe out slowly through your mouth (imagine gently blowing dandelion seeds into the air) for 8 seconds.
- Repeat 3–5 times together as a class. Speak gently and slowly.



The 4-7-8 breathing technique is a relaxation method developed by Dr. Andrew Weil, involving inhaling for 4 seconds, holding for 7 seconds, and exhaling for 8 seconds. This pattern is repeated for a few cycles, aiming to calm the nervous system and reduce stress.



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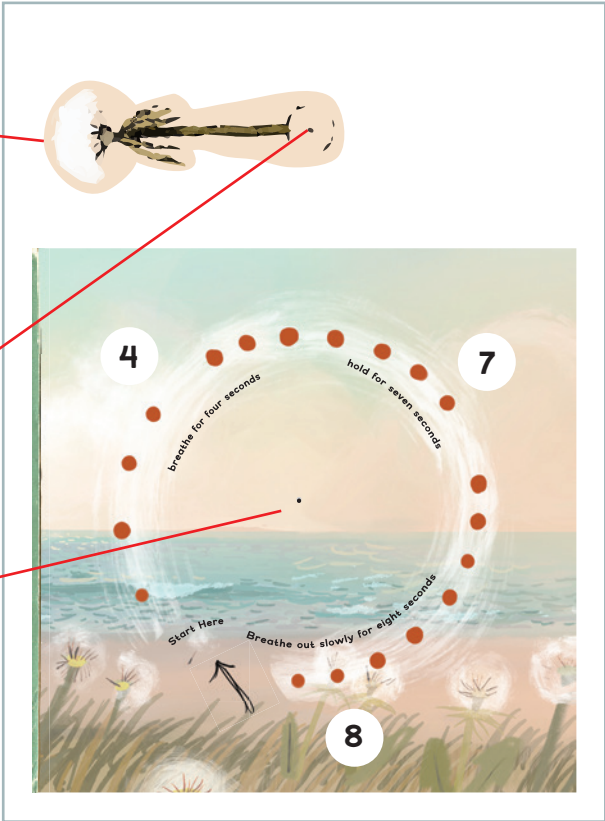
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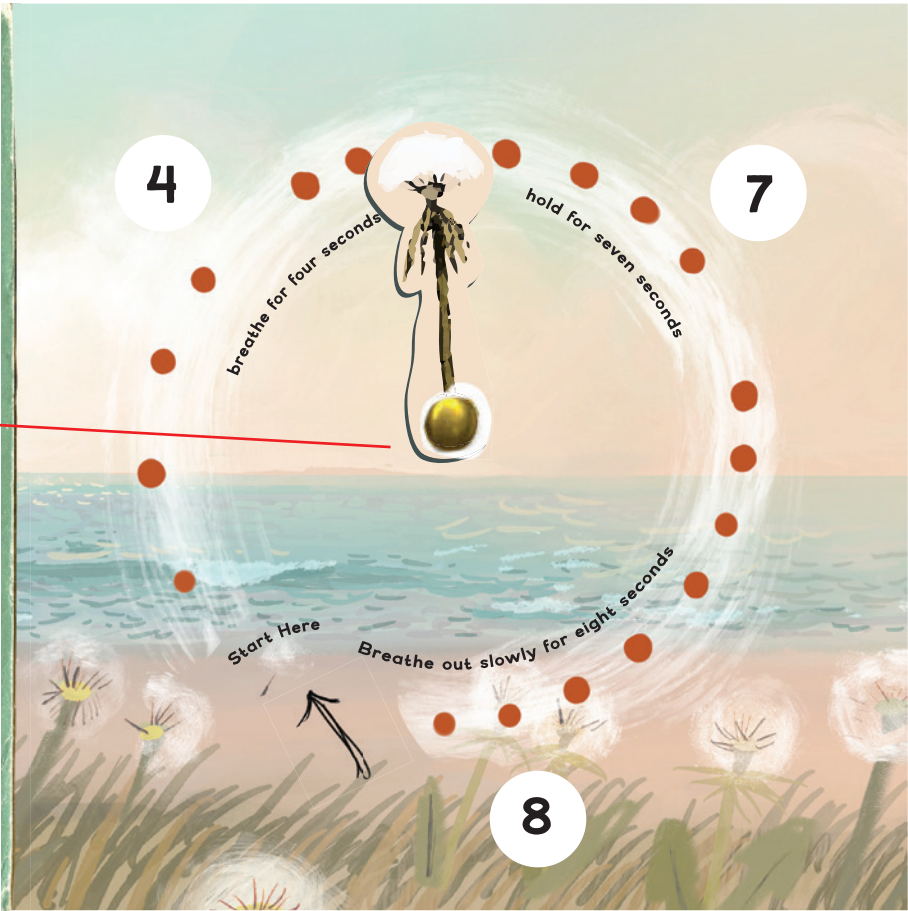
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Poke a hole in the centre of  
 threw worksheet using a  
 thumb tack.) Poke a hole with  
 a thumb tack in the  
 dandelion stem.

Use the paper fastener to  
 secure the dandelion in the  
 centre.  
 Now they can do the  
 breathing technique by  
 twirling the dandelion.





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