



# The Drain Breathing



# The Drain breathing

technique from Conscious Discipline is a breathwork exercise that promotes calm and clarity by releasing negative emotions.





# Here's how to do it:



Ask your child to clench both fists and extend their arms in front of them.



Encourage them to take a deep breath through their nose and imagine filling themselves up with water.



Then, as they exhale, have them simulate letting out the water through their mouth while making the "shhhh" sound with their hands open and lowered downward as if the water is flowing.



Repeat the process as many times as needed, focusing on deep inhales and exhales while visualizing the water flowing smoothly.





By practicing the Drain technique regularly, your child can cope with stress healthily and constructively. To learn more about this technique and other mindfulness practices to help you and your family thrive, download our free guide at <https://alianzaecoschool.com/emotional-education/>.

Even when your child is not feeling stressed or anxious, the Drain technique is a great way to develop mindfulness and relaxation habits. Practicing it together daily or before bedtime promotes healthy habits and calming.

It is our sincere hope you have enjoyed these resources during June. We'll be bringing you more Emotional Education tips at Alianza EIS soon.

Thanks for reading,

Let's make the world happier and more peaceful, one breath at a time!

