



BREATHE

THINK



DO



BREATHE, THINK, AND DO

This project integrates the importance of play and exploration with the conscious development of essential skills.

By participating in these activities, children will learn how to breathe, think, and act in a balanced and healthy manner, laying the foundation for a successful future and comprehensive growth.



What does this mean?

BREATHE

When children feel excited or angry, we teach them to take a deep breath, using the techniques we've learned so far. As a result, they feel calmer and can think clearly.

THINK:

Following breathing, we ask them to think about what is happening. We ask, "How do you feel?", "Can you tell me what's going on?", and "What options do you have?" These questions help them understand what they feel and what they can do.

DO:

After that, we encourage them to DO. This time, however, they do so consciously. They have had time to think and decide what is best for them. As a result, they can make better and kinder decisions.

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Breathing Stories:

Through stories and videos, children will learn breathing and relaxation techniques. The characters will face challenges overcome through controlled breathing, teaching children strategies for dealing with stressful situations.

<https://www.youtube.com/watch?v=M6VHqNEFfTO>

https://www.youtube.com/watch?v=W0DubISLB_E

<https://youtu.be/yo0YEii4FkQ?feature=shared>

<https://youtube.com/watch?v=esKFI7ddAZs&feature=shared>

