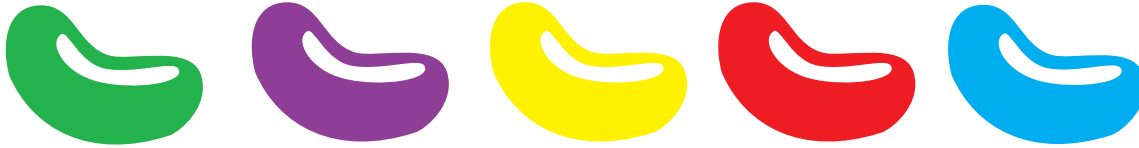


Jelly Belly

for younger children

A relaxation exercise that teaches children to relax by controlling their own breathing. This is a simple form of diaphragm or abdominal breathing.



Get Ready!

Resources Audio Track # 2
Building Block – Jelly Belly + Audio Track #18
Building Block – Jelly Belly: Kids in Color
Building Block – Jelly Belly: Breathe and Blow

Teaching Point When you are worried or stressed your heart beats faster and you breathe in and out faster. When you slow down your breathing and breathe deeply from your belly (diaphragm breathing), you relax. Most great athletes and singers do Jelly Belly Breathing even when they are running or swimming or singing because it helps them to relax.

Other Ideas

- ▶ Before listening to the Jelly Belly track, ask children to demonstrate how little children or babies breathe when they are crying (quick, shallow breaths, often gasping in between sobs, hyperventilating). Then, ask them to show you how they breathe when they are sleeping. This will help children understand how breathing patterns change and can affect them.
- ▶ Talk about situations in which you and the children might use Jelly Belly at school, at home, in the car, at the hospital.

Get Going!

To Begin How do you know when you are feeling worried or scared?
How do you know when you are relaxed?

Activity ✓ Listen to the audio.

Wrap-up How did you feel doing Jelly Belly? Did you feel tense or relaxed?
When could you use Jelly Belly? Could you use Jelly Belly to feel better if you are worried or to relax if you are feeling tense?

Homework Practice Jelly Belly on your own whenever you feel worried or stressed, or just for the fun of taking charge of your body and making your breathing slow down and muscles relax.

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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Jelly Belly

Jelly Belly requires children to practice deep breathing. Therefore it is important that children understand how to properly do “diaphragm” or deep breathing. **The following building block exercises may be used to help children learn to understand and control their breathing.**

Get Ready!

Audio Track # 18
Jelly Beans (optional)

Get Set!

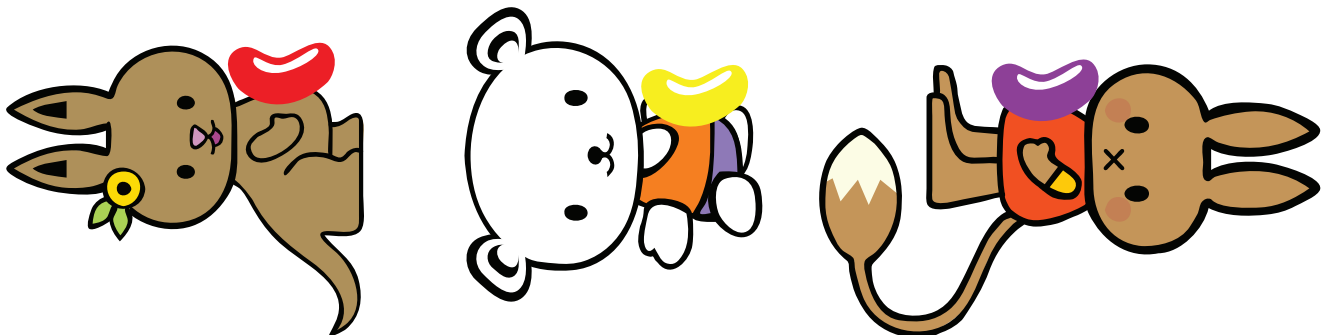
► A relaxation exercise that teaches children to control their breathing and relax by taking deep breaths. This is a simple form of diaphragm or abdominal breathing.

Get Going!

- Let children practice how it feels to breathe deeply by putting a jelly bean on each child’s belly and asking the children to watch what happens to each other’s jelly bean as they breathe in through their noses and out through their mouths. (The jelly beans should rise and fall and even fall off their stomachs!)
- Alternatively, if appropriate, children may place their heads on each others bellies.

Get Talking!

- Ask children how they feel after doing Jelly Belly. Is your breathing slow? Does your body feel relaxed? Do you think you could do Jelly Belly breathing somewhere else?
- The leader could share an example of when he/she might use Jelly Belly breathing – for example, when sitting in the car in traffic or when waiting at the dentist’s office. Suggest that children try Jelly Belly the next time they feel upset, sad or angry.



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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Jelly Belly:

Kids in Color

Get Ready!

Craft Supplies – paper, chalk, crayons, etc.

Get Set!

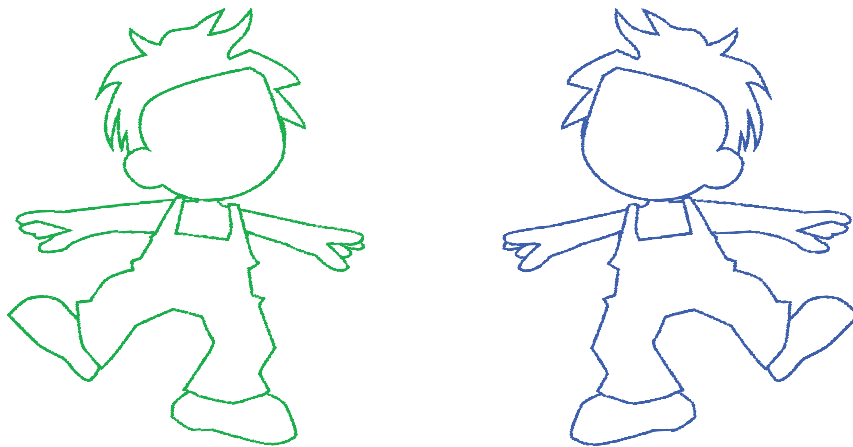
- ▶ Children partner up and trace one another onto a large piece of paper or with chalk onto the playground surface. Depending on the age group that you are working with the leader may wish to trace the children and have them color in or paint the shape.
- ▶ Sing “Head and Shoulders” and “Hokey Pokey” with the children, including the actions.

Get Going!

- ▶ Post everyone's finished product around the room.
- ▶ If doing the exercise on paper have the leader do one of themselves and label the main body part – the arm, the head, etc.
- ▶ Use the leaders outline to play the game “pin the arms on the teacher”. This would be similar to pin the tail on the donkey but the children have to try and pin the arms on the correct spots of the body outline while blindfolded.
- ▶ Ask the children to color or put sparkles and/or stickers on different body parts.

Get Talking!

Talk about the names for different parts of the body to help children become familiar with the words that will be used in the Spaghetti Toes and Jelly Belly activities on the audio.



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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Jelly Belly: Breathe and Blow

Get Ready!

Variety of props (feathers, flower petals, tissue)

Get Set!

► Children hold an item in front of their nose and mouth. They suck air in through their noses and blow air out of their mouths, watching the effect breathing this way has on the item. Examples of items to blow: feather, flower petal, tissue, paper, bubbles, ribbon, piece of fabric, etc.

Get Going!

- **Note:** This activity helps children learn to breathe using their diaphragms, taking strong, deep breaths.
- Ask children to imagine that air is their favorite color. Then, ask them to breathe in the color through their noses and blow the colored air out through their mouths.

Get Talking!

Talk about what happens when you blow air out of your mouth. Does the paper move? Can you breathe out gently or with force?



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