

Super Bowl Breathing: Eagle Breath

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y0PLGSPb1kU](https://www.youtube.com/watch?v=Y0PLGSPb1kU)
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SUMMARY

John Gerwald, a preschool intervention specialist, introduces a calming technique called "Eagle Breath" designed to engage young children while promoting relaxation. The exercise encourages participants to visualize themselves as athletes, enhancing their focus and calmness.

- *Eagle Breath is a calming technique for children.*
- *Participants place hands over their hearts to connect with their emotions.*
- *Visualization of being an athlete (like Saquon Barkley) enhances engagement.*
- *The exercise involves raising arms to mimic eagle wings.*
- *Deep breathing is emphasized throughout the practice.*
- *The activity fosters a sense of community and support among participants.*
- *The session concludes with a positive affirmation: "Go Eagles!"*

hi my name is John gerwald and I am a preschool intervention specialist from Washington Township Public Schools and I am here to teach you a Philly special breath called Eagle breath and I am here with our biggest eagle fans who would love to share our calm with you so we're going to start by putting our hands over our heart and we are going to think that we are sequan Barkley pouring through the air scoring many many

touchdowns now we're going to open our eyes and we're going to raise our arms and hands up to the sky like our Eagle wings deep breath in couple more times hands up one more time hands up and thank you for listening to our Eagle

breath go Eagles