

Penguin Breathing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GERYLSEH6FA](https://www.youtube.com/watch?v=GERYLSEH6FA)
<https://www.youtube.com/watch?v=gerYLSUh6FA>

SUMMARY

A young student introduces a creative breathing exercise called "penguin breathing" to his class, demonstrating how to focus attention and practice mindfulness. The exercise involves playful engagement and intentional breathing, fostering a fun learning environment.

- *The student initiates a breathing exercise called "penguin breathing."*
- *He creatively engages his classmates by demonstrating the exercise.*
- *The exercise includes a call for "penguins attention" to focus the group's attention.*
- *Participants take three intentional breaths to center themselves.*
- *The activity promotes mindfulness and relaxation in a playful manner.*

little guy raises his hand he said let's do penguin breathing and I go well sure what's penguin breathing and he said 'I'll show you got up in front of the class made it up on the Fly he said Penguins attention Penguins breathe I know I know they're brilliant so let's do three we'll start with penguin attention and then we'll do three intentional breaths bringing our

mind to where our body is so here we go ready Penguins attention Penguins breathe again one more time