

Breathing Competition

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=IGFROY_BUC0](https://www.youtube.com/watch?v=IGFROY_BUC0)
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SUMMARY

The video introduces a fun and competitive breathing exercise designed to promote calmness and mindfulness. Participants engage in a friendly challenge to see who can hold their breath longer, emphasizing the importance of deep breathing for emotional regulation.

- *The activity involves holding hands and counting while inhaling deeply.*
- *Participants take turns to see who can hold their breath longer.*
- *The exercise encourages self-improvement by challenging individuals to beat their own records.*
- *Deep breathing is highlighted as a tool for managing stress and enhancing emotional responses.*
- *The focus is on having fun while practicing mindfulness and calmness.*

hi everyone it's us again we're going to share with you a little activity that can be healthy competition um and include breathing so you can be more calm and handle things that don't go your way when you take deep breaths so here we go all right I'm going to go first so we hold hands and I can't see with my glasses on and we're going to inhale now you count one two three four

five six seven eight nine 10 11 12 okay you got to 12 now we're gonna see if she can do it longer than me here we go one 2 three four five 6 7 8 9 10 11 12 13 what you beat me way to go you got 13 I got 12 then you could do it again

and see if you can beat your own time just have fun with it remember the importance of breathing so that you can be more responsive instead of reactive to what's going on around you we wish you well