

## ACTIVITY WRITE-UP

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9-16-2015

### Name of Activity: Deep Breathing

Type of modality	Relaxation
Type of play	Solitary
Interaction pattern	Intraindividual
# of participants required	1
Equipment/supplies	Comfortable chair
Facilities required/environment	Activity should be done in a quiet, comfortable setting with no distractions.
Precautions	Make sure proper equipment is nearby for those who tend to have shortness of breath during activities.

### Directions

1. Find a quiet, comfortable setting with a chair.
2. Sit comfortably in the chair with your back straight.
3. Place feet flat on the floor
4. Place arms/hands palm side down on armrests.
5. Close your eyes.
6. Start the first breathing exercise.
7. Breath in through your nose for 5 seconds and hold for a count of 5 seconds.
8. Exhale through your mouth for 8 seconds.
9. Allow abdominal muscles to expand when exhaling through your mouth.
10. Continue to breathe in through your nose and out through your mouth.
11. Repeat this breathing technique 5 times.

### Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Core, upper torso, arms, hands
Movement	Respiratory movements. Chest expanding and contracting as you take a deep breath, static sitting
Physical	Static sitting, Respiratory endurance, shoulders, ribs, arms, legs

Cognitive	Self-control, spatial awareness, short term memory, concentration, patience
Social	Intraindividual, self-expression
Perception	Rhythmic
Communication/language	NA
Self-care	NA
Psychological/emotional (possible)	Joy, relief (if stressed), calmness, anger (if not patient enough for exercise), frustration (if the technique does not work right away for them).

### **How to Simplify the Activity**

To simplify this exercise, one option would be to have a facilitator lead the participant through the activity instead of doing it themselves. With a facilitator near by, they can lead the participant through the breathing step by step while they also demonstrate the technique for them. There is less skill involved in completing an activity if one is being lead through it.

### **How to Make the Activity More Complex**

To make this activity more complex, try lying on your back. Put a small book on your stomach and watch the book rise as you inhale and fall as you exhale.

### **Other Comments**

Use this activity as a stress reliever (WebMD). You can perform it in the bathroom, in your car or anywhere where you feel comfortable.