



Active Kids – At Home

Week 3: Move and play everyday

Getting 60 minutes of physical activity every day

Physical activity everyday gives children a boost to their health, a chance to be social, make new friends as well as developing their strength, coordination and skills. It is one of the best things children can do to support their health and develop positive habits as they grow.

All children can get active no matter their cultural background, gender or ability. The Australian Physical Activity Guidelines encourages all children to 'move more, sit less, every day!' Check out the guidelines here –

[https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF001E720D/\\$File/brochure%20PA%20Guidelines_A5_5-12yrs.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF001E720D/$File/brochure%20PA%20Guidelines_A5_5-12yrs.pdf)

Children should be aiming to achieve 60 minutes of physical activity a day – we learnt this in Week 1. The good news though is that physical activity does not need to be done all in one go, and children can split this activity across the whole day. Some good habits for children aim for is trying to be physically active at different times during the day, for example:

- 10 minutes in the morning before school (or perhaps walking/cycling/skateboarding/scooter to school if possible).
- 30 minutes during the day either in PE, during recess break or lunchtime.
- 20 minutes + after school, which can include some activity at home or in the park with family, games with friends or local sport training, swimming or martial arts classes.

Physical activity isn't always about playing an organised sport or fitness activity like martial arts, dance or gymnastics. Children can get active in a variety of ways throughout the day and every little bit counts:

- Helping with family tasks at the home (vacuuming, cleaning and gardening)
- Adding small exercises into everyday tasks – e.g. complete 10 Star Jumps during a board game, running on the spot for a 1 minute before and after watching TV/iPad
- Supporting children to come up with their own ideas!

Week 3: Breathing techniques home activity

Breathing techniques (20 minutes)

Controlled breathing techniques and activities are a great way for children to learn to relax, recover and centre themselves before or after physical activity. Why not try some breathing activities at home with the whole family?

Alternate nostril breathing

This is a technique that improves lung function, lowers heart rate, blood pressure and stress.

1. Start off by placing your right thumb gently over your right nostril, and a finger of the hand on the left nostril.
2. Now close the right nostril with the thumb and inhale through the left nostril very slowly.
3. At the top of the breath pause for a second or two holding both nostrils closed.
4. Then lift just the thumb to exhale through the right nostril.
5. At the end of that exhale hold both nostrils closed for a moment.
6. Then inhale through the right nostril and hold.
7. Exhale through the left nostril.
8. Repeat and continue to alternate between the inhales and exhales.

Try this for 5 cycles, try to keep breathing soft and quiet.

Breathing Coordination

This technique helps to engage more movement from the diaphragm and increases respiratory efficiency. It should never be forced; each breath should feel soft and enriching.

1. Sit up so that the spine is straight, and chin is perpendicular (90 degrees) to the body.
2. Take a gentle breathing in through the nose, and at the top of the breath begin counting out-loud 1 to 10 softly over and over.
3. And as you reach the natural conclusion of the exhale, keep counting but do so in a whisper, letting the voice softly trail out.
4. Keep going to only the lips are moving, and the lungs feel completely empty.
5. Then you take in another large and soft breath and repeat.

Try this for 5-10 more times at your own comfortable pace, once you feel comfortable performing this sitting, try it while walking, jogging or doing other light exercise.

Yogic breathing

This is a standard technique for any aspiring breathing technique student.

1. Sit in a chair or cross-legged and upright on the floor and relax the shoulders.
2. Place one hand over the naval and slowly breath into the belly. You should feel the belly expand with each breath in and then deflate with each breath out.
3. Inhale deep into the belly.
4. Exhale softly all the air out.
5. Repeat 5 times.
6. Next, move your hand up a few inches so that it's covering the bottom of the ribcage. Focus the breath into the location of the hand, expanding the ribs with each inhale and retracting them with each exhale.
7. Inhale deep and really expand your ribcage.
8. Exhale softly all the air out.

9. Repeat 5 times.
10. Finally move the hand up further now to just below the collar bone, you're going to be breathing deeply into this area and imagine the chest spreading out with each inhale and withdrawing with each exhale.
11. Inhale high into the collar area.
12. Exhale out.
13. Repeat 5 times.

Now let's connect all these motions together in one breath, first filling the stomach then the lower ribcage and then the chest. We're going to be exhaling in the opposite direction, emptying the chest then the ribcage and then the stomach. Feel free to use one or both hands and feel each area as you breath in and out of it.

1. Inhale deep down to the stomach.
2. Then the ribcage.
3. Then up to the collar bone.
4. And exhale from the very top of the collar bone.
5. To the ribcage.
6. And deep, moving all that breath out of your stomach last.

These movements feel awkward at the beginning, so keep practicing. Continue this sequence for 10 rounds.

Box breathing

Navy SEAL's use this technique to stay calm and focused in tense situations. It's really simple, you inhale to the count of 4, you hold for 4, and then you exhale for 4, and then after the exhalation you hold for 4, and then just repeat it.

1. Inhale 1-2-3-4.
2. Hold 1-2-3-4.
3. Exhale 1-2-3-4.
4. Hold 1-2-3-4.
5. Continue for as long as you like.

Box breathing extended exhalation

A variation of box breathing to more deeply relax the body, that is especially effective before sleeping is as follows:

1. Inhale 1-2-3-4.
2. Hold 1-2-3-4.
3. Exhale 1-2-3-4-5-6.
4. Hold 1-2.
5. Repeat.
6. Continue for as many rounds as you like.