

ENCORE VOCAL PROGRAMME

3rd – 6th CLASS



You are always breathing up and down, in and out! You use your breath each time you talk or sing, for every whisper and every shout – it is always here for you, in a calm and quiet way.

On average – you will breathe 25,000 today and that is vital to our existence. We inhale and deliver oxygen to the body and we release carbon dioxide on our exhale. Our breath is happening all day every day and mostly without our awareness.

***But do you know what else your breath can do?
Did you know that we can use our breath to change how we feel?***

Our minds are always **ON**, full of thoughts, whizzing around, so busy, clogging your brain with anxieties and worries that we miss out on the happiness right in front of us.

Our ***minds, bodies and breath*** are all connected and when we bring our awareness to that you will start to feel a lot more relaxed and focused. Conscious breathwork is a powerful tool in managing our emotions, energy levels, feeling and thoughts. It can decrease anxiety, calm anger, help you feel stronger in new situations, energise you in the morning or relax you at night.

RAINBOW BREATH



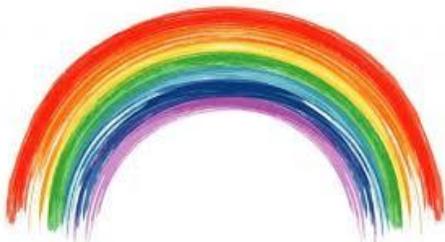
SIT UP AND LET YOUR SPINE GROW TALL – EITHER ON THE FLOOR, YOUR LEGS CRISS-CROSSED OR SITTING COMFORTABLY IN A CHAIR, YOUR FEET FLAT ON THE FLOOR, HANDS RESTING GENTLY ON YOUR LAP, PALMS UP OR DOWN, WHATEVER FEELS RIGHT FOR YOU IN THIS MOMENT.

- GET TOTALLY RELAXED, TRY CLOSING YOUR EYES AND BRING YOUR ATTENTION INWARDS.
- BRING YOUR ARMS AND HANDS OUT STRAIGHT TO THE SIDES – PALMS DOWN.
- TURN PALMS UP, *Inhale* AND SWEEP YOUR ARMS UP AND OVER YOUR HEAD, HANDS MEETING PALM TO PALM.
- TURN PALMS OUT; *Exhale* AND BRING YOUR ARMS ALL THE WAY BACK DOWN AND OUT TO YOUR SIDES TO CREATE THE RAINBOW.

(Inhale = Breathe In; Exhale = Breathe Out)

*Card 1 of 4 Breath Meditations Cards
(cut out and keep until you collect the 4)*

Here is the first **breath technique** that you can try out and practice. The more you practice the easier it become and the stronger the benefits -and it is easy, free and accessible to anyone — especially you.



This week we start with **RAINBOW BREA**

If you are feeling tired in the morning and find it hard to get out of bed – use your **RAINBOW BREATH** to get your body moving and wake up that sleepy head. Or anytime you need a little more energy.

Rainbow Breath with Marian : <https://youtu.be/pg1SLXEG-wM>

“Rainbow Breath” Demo Video clip:

https://drive.google.com/file/d/1K_lkASTG8w0inl_yClqslSH-rvMWWSlq/view?usp=sharing

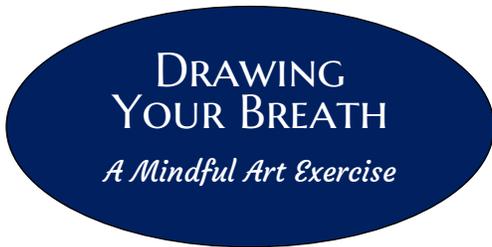


(using headphones or earbuds will greatly enhance the sound resonance quality of the instruments you will hear in the clip – Solfeggio Tuned Pipes and Koshi Chimes.

Check out this book by Marian Gates:

“Breathe with me: Using breath to feel strong, calm and happy”

<https://www.amazon.com/Breathe-Me-Using-Breath-Strong/dp/1683640306>



Try out the off-line art activity on page 3 with just paper and a pencil.
What would your breath look like if you were to draw it?
What does your drawing tell you about your breath?

OTHER RESOURCES TO CHECK OUT THIS WEEK:

- ✓ “RAINBOW BREATH” Mediation - Marian <https://youtu.be/pq1SLXEG-wM>
- ✓ “RAINBOW BREATH” Demo Video clip:
https://drive.google.com/file/d/1K_lkASTG8w0inI_vClqsISH-rvMWWSlq/view?usp=sharing
- ✓ “WARM-UP AND STOMP CANON” - Elspeth <https://youtu.be/jEyKiukn Cv4>
- ✓ “HO-HEY” - Sing Along with Ali & Carrie <https://youtu.be/dLRe3xGYYZ8>
- ✓ “ROCK THE BEAT” – SECTION B - Led by Ali <https://youtu.be/OBIIbfFtekY>

We really love hearing how you’re getting on with music-making at home and hope you enjoy singing with us. Be sure to keep in touch and share with us here what you are up to musically:
musicgenerationcarlow@kcetb.ie



DRAWING YOUR BREATH

ART EXTENSION

ALL THE COLOURS OF YOUR EMOTIONS AND FEELING ON ONE PAGE

Drawing the breath can be a wonderful art exercise for practicing mindfulness through awareness and focus on the breath. It is something that can be done often for continued practice, does not take many art materials and does not have to take much time.



This art exercise will help

you to be more aware of your breathing and to connect with the natural rhythms of your body and is a very relaxing art process.

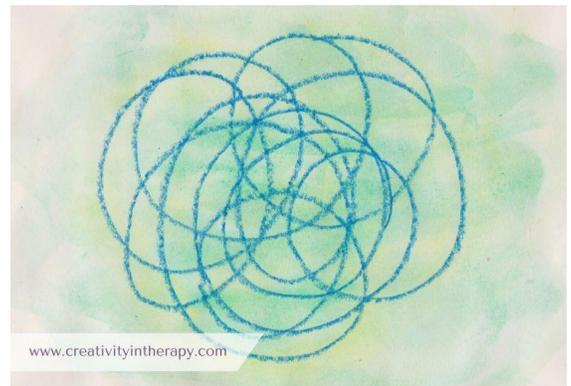
WHAT YOU WILL NEED:

You can use any drawing medium – pencils, markers, oil pastel, or chalks – and any size paper, preferably a large sheet of paper to encourage space for deep breaths. Remember that

there is really no right or wrong way to do this type of art, just focus on what feels natural for you.

PROCESS

1. Place your pencil or chosen drawing medium on the paper. Take a moment to notice and observe your breathing. Visualize your breath as a line and represent this on the paper. Spend a few minutes playing with different types of lines as you notice your breath. Try altering your breathing a bit faster or a bit slower and then notice how this changes your lines on the page. Try changing the quality of your lines and notice how you could change your breath to match.
2. Get a new sheet of paper and now focus on deep, slow breathing for relaxation. Again, draw lines that represent your calming breaths. Pause as you inhale and then draw the exhale, leaving my pencil on the page to create a continuous line. Continue for a few minutes to let yourself relax into the calming sensations of breath, motion, and lines



EXPLORATION

What was your experience like with the art and paying attention to your breath?

What is the natural quality of your breath? – shallow or deep? Fast or slow? Even or irregular?

How did the lines and breath change as you shifted from simply noticing to consciously taking deep breaths?

Could you develop further your breath drawing into another image? Or play with it digitally – take a photo of your drawing, upload it to your computer, play around with it!

Acknowledgement: Carolyn Mehlomakulu www.creativityintherapy.com