



**MY NAME IS**



**AND THIS IS MY  
BREATH FLOW WORKBOOK.**



PRODUCED IN COLLABORATION WITH THE  
STEPHEN LAWRENCE DAY FOUNDATION  
AND DAVINA EBIKEME

# ABOUT STEPHEN LAWRENCE DAY

Stephen Lawrence Day is an opportunity for people, communities, and organisations to come together and honour Stephen's life and legacy, stand up against discrimination in our daily lives and work towards a more hopeful tomorrow. Through reflection, learning, and action, we can inspire change and create a better future for the next generation.

The Stephen Lawrence Day Foundation exists to inspire a more equitable, inclusive society and to foster opportunities for marginalised young people in the UK.

The Stephen Lawrence Day Foundation is committed to creating a fairer society in which all young people, regardless of their background, have the opportunity to flourish. By providing mentoring, coaching, work experience opportunities, and bursaries for education and training, the Foundation broadens young people's view of what's possible and creates pathways into education and career opportunities which might not otherwise be open to them. The Foundation empowers young people with the knowledge, skills, and qualifications they need to pursue the career of their choice, and supports them to progress along their chosen path.

In partnership with the foundation, Davina Ebikeme of Doula Therapies, is delivering a programme to provide young people and the wider community with resources that can help them throughout their life journey.

# ABOUT DAVINA EBIKEME

Davina Ebikeme is a doula and a 'fascia touch' practitioner based in the UK. Her practice, Doula Therapies, focuses on supporting and empowering pregnant individuals and their partners throughout their birth journeys. Empowering them through the application of dynamic and holistic modalities, focusing on biomechanics, fascia touch, full-presence meditation and breathwork.

Full-presence meditation is a form of interoceptive meditation that encourages the location of attention within the body, allowing us to tap into our inner movement and vitality, cultivating a quality of presence that moves towards wholeness and inner unity to support a more embodied life experience.

Breathing is a simple act, one we do without pause for thought. Done with intention, it's deeply transformative. It can reduce stress and anxiety, lower heart rate and blood pressure, promote calm and well-being, elevate moods, and induce deep relaxation.

Both modalities are about creating and holding space for everything in our lives. Allowing ourselves to connect to our bodies and each other better and to love ourselves and each other more. If we're anxious, overwhelmed, stressed, or physically or emotionally drained, meditation and breathwork can help to restore much-needed balance and support throughout our lives.

# WHAT IS BREATH FLOW?

Our breath is amazing!

Did you know there are special ways we can breathe to stay healthy and feel better? When we pay attention to our breath, we can make our lives even more amazing!

We breathe all day long without even thinking about it. But what if we could breathe even better? Breathing the right way can make us feel really good in our minds and bodies.

I like to call this practice, 'Breath Flow' because breathing shouldn't feel like hard work. It's easy and fun when we relax and let our bodies do their thing.

Breath Flow is about making room for everything in life. Even if something is hard, like when we feel sad or hurt, it's okay because we can use our breath and feel better.

Our breath is our superpower!

So, let's take a moment to breathe in... and breathe out... It's that simple.

Enjoy!

# BREATH FLOW GUIDE

## 'FLOWER'

This is a lovely breath flow for whenever you're feeling worried or when you need to stay calm in tricky situations.

## 'BUNNY'

This Bunny-inspired breath flow is great for when things get too much and you need to start over. It helps you clear away any bad vibes, giving you energy and helping you to be more focused.

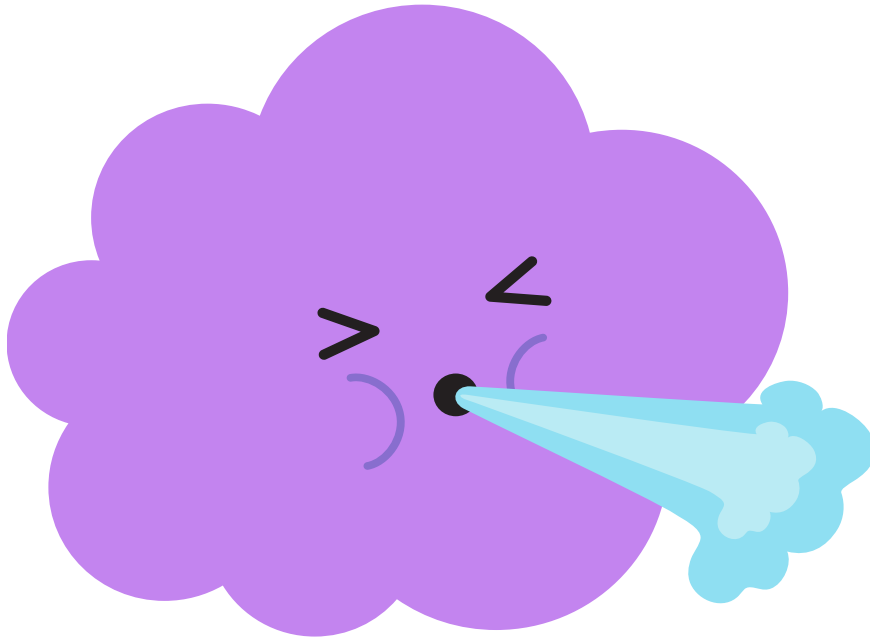
## 'BUMBLEBEE'

Buzzing like a bumblebee is a fun way to help you relax, stay calm and it has a lovely soothing feeling on the body.

## 'EARTH AND SKY'

This breath flow is all about drawing energy from nature and expressing our gratitude for all that it gives us. It's a great way to start your day.

# 'FLOWER' BREATH FLOW



Imagine holding your favourite flower.

Take a deep long sniff through your nose of your flower. Mmm, it smells lovely!

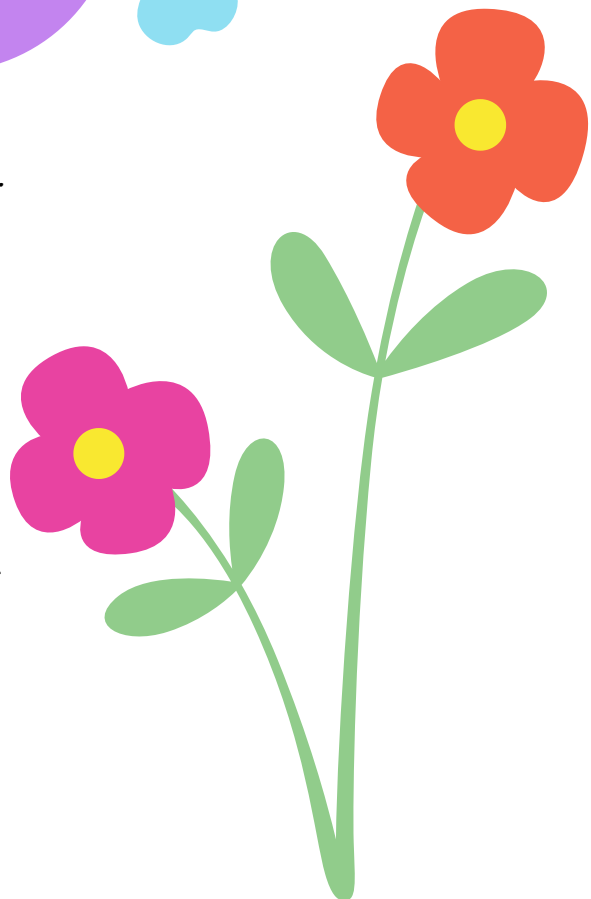
Hold your breath for a count of 2.

Slowly exhale through your mouth for a count of 4.

Repeat this 4 more times.

This breath flow will help get rid of any nerves and make you feel calm.

You can also imagine blowing out candles on a cake instead of a flower.



# MY THOUGHTS

Use the space below to write or draw any thoughts that came up for you.

# 'BUNNY' BREATH FLOW

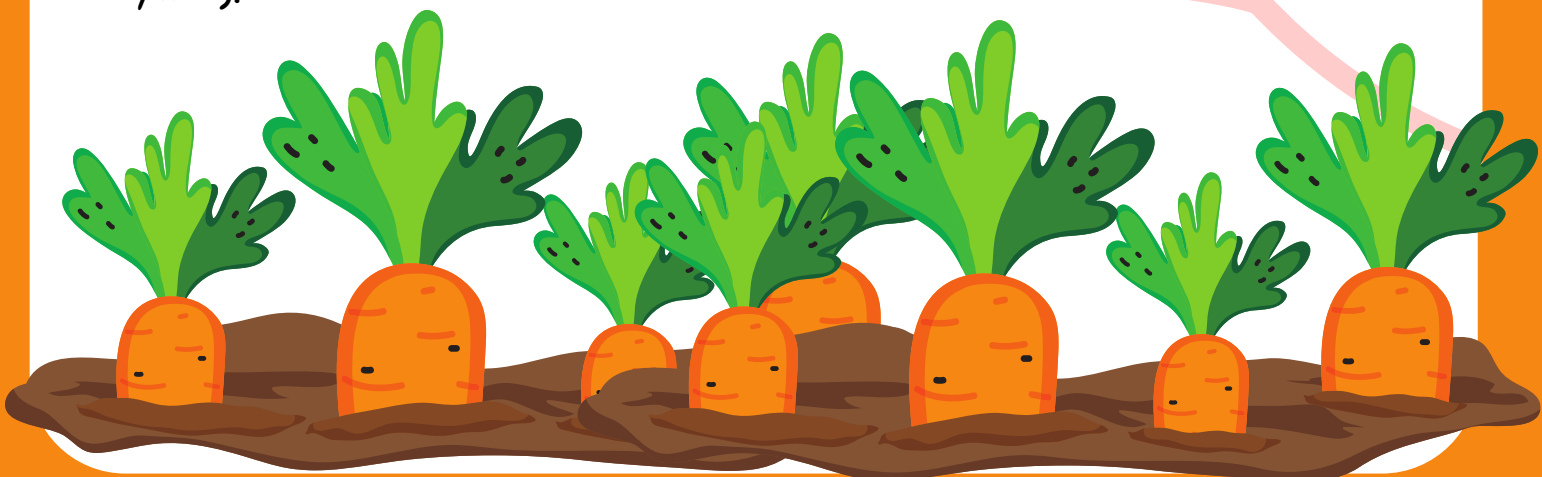
When you need to focus or need a little energy boost, the 'Bunny Breath' is a great go-to!

Scrunch up your nose like a curious rabbit, sniffing around the garden.

Take 2 short sniffs in through your nose. And a long exhale through your mouth.

Repeat this 5 times in a smooth rhythm.

Now you're ready to tackle anything!





# MY THOUGHTS

Use the space below to write or draw any thoughts that came up for you.

A large, empty white rounded rectangle with rounded corners, occupying most of the page below the instruction. It is intended for the user to write or draw their thoughts.

# 'BUMBLEBEE' BREATH FLOW

This is a great breath flow if you're feeling worried or if you have a blocked nose.

Inhale through your nose for a count of 4.

On the exhale, put your lips together and make a buzzing sound like a bumblebee.

Feel the vibrations throughout your body.

Repeat this 4 more times.

Buzz, buzz, buzzzzzz!



# MY THOUGHTS

Use the space below to write or draw any thoughts that came up for you.

# 'EARTH AND SKY' BREATH FLOW



Stand tall, with your arms by your side  
and imagine your feet are tree roots  
growing deep into the Earth.

Breathe in, bend your knees and reach your  
arms up to the sky.

As you breathe out spread your arms wide  
and bring them back down to the ground.

Repeat this 2 more times,  
or as many as you like!

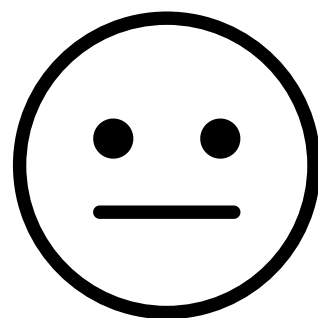
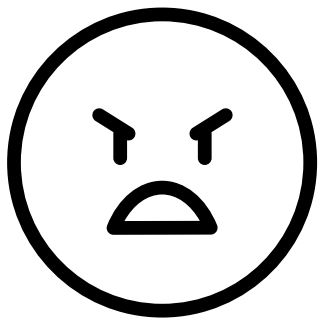
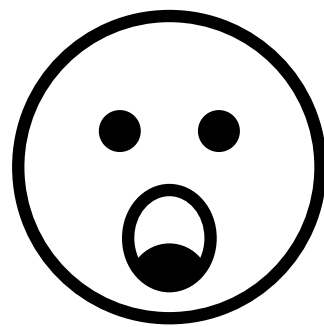
# MY THOUGHTS

Use the space below to write or draw any thoughts that came up for you.

A large, empty white rounded rectangle with rounded corners, occupying most of the page below the instruction. It is intended for the user to write or draw their thoughts.

# HOW ARE YOU FEELING?

Use your favourite colours to bring these emojis to life!



Remember, it's okay to feel all these emotions sometimes, and colouring can help you understand them better.

# MY DAILY PRACTISE

Here you can write or draw your thoughts and experiences from your daily breath flow practise.

**Monday**

Date :

**Friday**

**Tuesday**

**Saturday**

**Wednesday**

**Sunday**

**Thursday**

NOTES :

---

---

---

---

## DISCLAIMER

Safety is paramount in breathwork practices for children, requiring a supervised, hazard-free environment to prevent accidents or discomfort.

Emphasising moderation, children should be guided to engage in these exercises responsibly, respecting their physical limits to avoid potential risks like dizziness or hyperventilation. Encouraging them to listen to their bodies, we prioritise respecting boundaries and empowering them to pause or modify techniques if they feel any distress.

While breathwork exercises serve an educational and recreational purpose, it's crucial to understand they are not a replacement for professional medical advice.

Parents or guardians play a vital role, assuming responsibility for their child's safety and well-being during practice, and adapting exercises to suit individual needs and abilities. Informed consent underscores parental acknowledgement of potential outcomes, fostering a collaborative approach to ensure a positive experience.

Flexibility is key, as we recognise the need to adapt techniques to accommodate children's age, development, and physical capabilities, ensuring a safe and enjoyable journey toward relaxation and well-being.