



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!

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 still breathe 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

'TUNING IN'

A great breath flow to use to check in and become more aware of the sensations and movements in our bodies. It can help to improve our concentration and focus, as well as help us to better regulate our emotions.

'BALANCE'

This breath flow is all about bringing balance back to our minds and bodies, and it's especially great for when we're feeling stressed or anxious. It helps us to gain some much-needed perspective, manage our emotions and get our confidence back.

It's an easy technique that you can practise to find balance and calm whenever you need to.

'SUPERHERO'

In this breath flow we channel our inner super-hero, harnessing the power of our breath and imagination, to gain more energy and courage and let go of any big feelings like anger, fear or sadness.

'TUNING IN' BREATH FLOW

Gently close your eyes and breathe in through your nose and out through your nose or mouth.

Focus your attention on your body, starting at your toes, feet and ankles.

Keep breathing slowly and move your attention now to your belly, chest, back, shoulders and arms.

Don't forget your hands and fingers too.

Keep breathing slowly and move your attention to your neck, head and face.

Observe any sensations, feelings and movements in your body.

Check for tightness and discomfort.

Send waves of relaxation to any tight or tense areas.

When you're ready, take a deep breath and open your eyes.

MY THOUGHTS

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

'BALANCE' BREATH FLOW

This is an easy technique that you can practise to find balance and calm whenever you need to.

Sit or stand comfortably.

Breathe in for a count of 3 and breathe out for a count of 3.

Now, let's try 4.

Breathe in for a count of 4 and breathe out for a count of 4.

Do you think you can do 5?

Breathe in for a count of 5 and breathe out for a count of 5.

And to finish, let's try 6.

Breathe in for a count of 6 and breathe out for a count of 6.

Now, relax and breathe normally.

Well done on using your breath to stay calm, focused and balanced!

MY THOUGHTS

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



'SUPERHERO' BREATH FLOW

Stand tall with your feet apart.

Place your hands on your hips like a superhero.

Breathe in through your nose, feeling your chest and belly grow.

Breathe out through your mouth, letting go of any worries.

Imagine wearing superhero gloves in each hand, full of powerful energy.

Breathe in strength and courage. Hold your breath for a count of 2, feeling your power flowing around your body.

Breathe out slowly.

Breathe in and imagine you're celebrating a victory. Hold your breath for a count of 2, feeling strong and brave.

Breathe out, lowering your arms calmly with a big superhero winning smile!

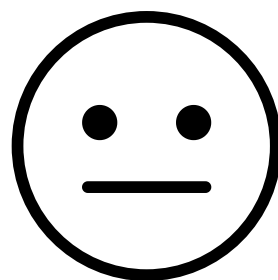
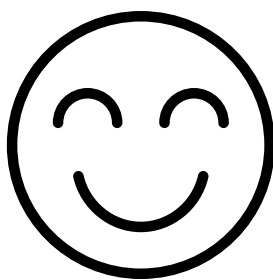
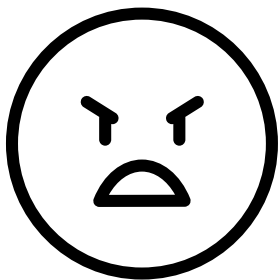
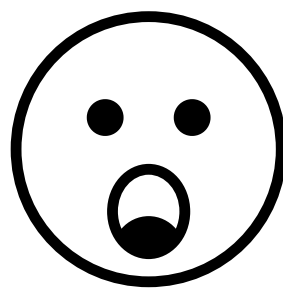
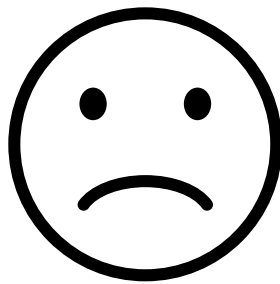
MY THOUGHTS

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



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 REFLECTIONS

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.