

# The Calm Classroom Toolkit



Simple, powerful yoga and mindfulness strategies to help your pupils reset, refocus and thrive.



## 1-Minute Breathing Technique

# Rainbow Breathing

A colourful and calming breathing activity for children of all ages

### How to Do It:

Sit tall like a mountain - feet flat on the floor, hands resting on your lap or knees.

Imagine a rainbow in the sky. Each time you breathe in, you're drawing in one of its colours.

Breathe in slowly through your nose as you trace the rainbow up  
Imagine the colour red filling you with warmth.

Breathe out gently through your mouth as you trace the rainbow down  
Blow the red gently into the air like a soft breeze.



Repeat with other colours:



**Orange  
for energy**



**Yellow for  
happiness**



**Green  
for calm**



**Blue  
for focus**



**Purple for  
kindness**

Do 5-6 slow breaths, one for each colour.

Imagine painting the sky with your breath!

### **Teacher Tip:**

Use your hand to draw an imaginary rainbow in the air as the children breathe - they can copy you or trace their own.

Let them choose the colour they want to breathe in and “paint” with that colour as they exhale.

Tie this into PSHE by asking: “Which colour did you need most today?”

**Optional:** Use calm music or chimes in the background.