

BREATHING INTERACTIVITY

FUNCTION2FLOW.CA



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Breathing is the essence of being alive. It is also a way to feel relational connections with one another. How we breathe from one moment to the next is affected by the circumstances in which we find ourselves, including who we are with and how they are feeling and breathing. If breath is energy, then sharing breath creates synergies and inspirations.

Every breathing pattern has an emotional signature... if you understand the way breath flows (or isn't flowing), you can get a better idea of what you or someone else is feeling.

Sandeman, 2022, *Breathe In Breathe Out*, p. 75

Let's do a motion-sensing inquiry with the intention of writing up an experiential moment of breathing together.

Breathing Into Writing

1. Take a moment and attend to and observe your breathing.
2. Note anything that stands out in particular.
3. Repeat this activity a few times during the day (for a few days) and become familiar with your breathing habits and patterns.
4. Now choose a day to observe your breathing patterns when you are with colleagues, family or friends.

Using the Function2Flow prompts below, observe the following:

Interdisciplinary Function2Flow Prompts for Reflection

InterActive Function

Actions

Describe the context of your breathing reflection. Are you walking, standing, sitting, lying?. What parts of you move while you are breathing–Torso? Shoulders? Neck? Abdomen? What is different if you stand, sit, walk, reach up etc. Can you discern a breathing pattern?

InterActive Form

Shapes

Now turn your attention to your peer/partner, as you walk or sit etc., and observe what body area moves when the other person breathes? Describe their breathing patterns.

InterActive Feeling

Sensations

Describe your breath -- is it deep/shallow, slow/rapid, smooth/jagged, silent/noisy? How does it make you feel – calm, anxious, alert, guarded? What do you notice about the other person's breathing? Can you mirror their breathing? How does that make you feel?

InterActive Flow

Connections

What does it feel like to connect to someone via breath? Can you discern what is being communicated through breath? If you modulate your breath does it affect the other person's breathing? What else are you experiencing?