Hoberman Sphere

Recommended for Grades:

K4 - 12th grade

Activity Description:

A Hoberman sphere, or breathing ball, can help teach mindful breathing. It can be used to demonstrate how the lungs fill with air and expand on the in-breath and then contract with the out breath. It also serves as a focus, or an anchor, for mindful breathing.

Instructions:

As you slowly expand the sphere, have students inhale deeply and slowly through the nose and from the belly. Stop for a moment and pause, emulating the short, natural pause that happens at the top — and bottom — of each healthy breath. As you slowly contract the sphere, ask everyone to exhale through the nose slowly.

Three exercises to try:

Demonstrate lungs – Explain how the lungs expand and contract with the inhale and the exhale, and how mindful, focused breathing can help us stay calm.

Self-regulation – Leave the breathing ball in a quiet area of your classroom, on a desk or table for students to use on their own. It is an engaging tool for self-regulation once kids know how to use it.

Follow the ball – Open and close the ball at a pace that emulates students' natural breathing cycle. A steady four-count inhale, slight pause and four-count exhale is recommended as a cycle. Students age 6-11 should strive for 8-9 cycles in a minute; students age 12 and older should strive for 6-7 cycles in a minute.

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Transcript:

A Hoberman sphere, or breathing ball, can be an anchor for mindful breathing to help you focus your thoughts or to calm you down. Inhale through your nose as the ball expands, pause, and then exhale through your nose as the ball contracts. If the breathing ball moves too quickly or slowly for you, you can breathe at your own pace. Let's try it together.

Breathe in… breathe out

Breathe in… breathe out

Breathe in… breathe out

Breathe in… breathe out

Breathe in… breathe out

Take a moment to notice how that felt for you.

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