

Feedback From **Children 9-15 Years**
Practicing '**Counting Breaths *** '

Explains how the children were coached and how it helped them
With their own **hand written reports (18)**

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www.countingbreaths.com

* See the last page for the tip sheet on the basic method. Visit the above web site for details and testimonials.

Children's Classes and Feedback

Jan 2009

9 to 15 years age group

I have been coaching a group of 15-20 boys and girls in 9 -15 years age group, in 'Counting Breaths' and related methods since 2006. This has been a part of the Hindu Heritage class at Albany Hindu Temple, Albany NY, conducted on Sundays, for 15 minutes. Some of them continued the classes every year, some dropped out after one year and some new children joined every year.

It started as an experimental program and has now become an integral part of the Heritage class. I could do this only because of the open mindedness and enthusiastic support of the co-ordinator of the program Mrs. Pratibha Gauri and Prof Ramnath.

In the initial classes, they learnt and practiced 'Counting Breaths' in different modes, for about 5 minutes. Once in two weeks, I used to ask them to verbally share with the group what mode they practiced, when and how it helped them.

Initially, there was a lot of discomfort, giggling and disruption by some of the children while practicing this new method. I used to tell the class without naming any child and very rarely naming a particular child, that if they could not remain calm inside the class room, they should go out, calm themselves and come back to the room. A few times I had to be a little firm. Some of them went out and quickly returned, to remain in a quieter state. Over a few months, this behavior totally disappeared. This year I have been spending extra 15 minutes with a few restless children, in a separate room, making sure they correctly understood the modes and made them practice in my presence, for about 10 minutes. Thus, all of them gradually got into practicing in their choice mode, at a time of their choice, outside the class.

In Jan 09, after about 3 months of this years' classes, I asked them to write down their individual feedback in a simple format. You will see the summary of their feedback and their hand written feedback sheets scanned and put in random order in the following pages.

You will see from their feedback, that each child made own decision as to - why to practice , when and what mode to use. These were quite diverse with some popular features as shown in the summary. Please note that I only coached them in practicing in different modes and made them experience the effect of that practice in about 5 minutes. *I did not tell them why and when to practice and how they will benefit.* They clearly understood the modes, sensed how even those brief practices sessions of not more than 5 minutes were helping them calm down and maintain self-control. They figured out on their own, how to make good use of these practices.

The learning from these extended trials is that children as young as 9 years know their need to calm themselves, do not know how to actually do it and when they acquire an easy and readily available tool like this, they spontaneously take out that tool out of their tool bag and enjoy using it. How wonderful!

These experiments on a good number of children over 3 years prove beyond doubt that this or similar methods should be a part of every school curriculum from a very early age, at least 9 (As they grow up, their ideas start freezing as we observe in most adults). The benefits for them will be better focus and self control at home and school. Their faces will look calmer, brighter and smiling happily. No kidding! You can see this kind of change in the faces A, B, C and D of some practitioners in the web page 'Unique Method' in the web site www.countingbreaths.com.

I would greatly appreciate such experiments by teachers and parents and sharing their results. I will furnish full details of our program. Interested persons are welcome to visit these sessions at Albany Hindu Temple on Sundays from 11.30 to 11.45am.

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You can e-mail me through the above web site

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Feedback from Children – Summary

(About their practice of ‘Counting Breaths’)

Jan 09

The items under each category are arranged in the order of popularity, showing the number of times it appeared in all the 18 feedback reports.

What modes were used? (many of them practiced in more than one mode)

Staring at a small spot/ thing	***** 13
Counting Breaths	***** 9
Simply feeling breaths (without counting)	***** 9
Using Finger segments	**** 5

When did they practice? (many reported multiple occasions)

Trying to sleep	***** 11
Angry/ Mad	***** 7
In car/ bus	***** 7
On waking up	**** 5
Bored	**** 4
Whenever I could get to	** 2
In shower/ Doing homework/ About to throw up/ Got asthma	* 1 each

How did it help? (many reported multiple benefits)

Calm down	***** 8
Sleep	**** 4
Not get angry/ Mad	**** 4
Feel fresh on waking up	**** 4

Not get bored	*** 3
Study/ Concentrate	*** 3
Think about something	** 2
Doing some work/ To prevent – Falling asleep/ Asthma attack/ Car sickness/ Stress	* 1 each

Some revealing comments in their own words:

“To cool down when I am mad so I don’t punch my sister”

“When I am angry at my brother”

“Concentrating”

“When I do homework”

“Thinking hard about something”

“It helps me think about something”

“So I don’t fall asleep”

“Get active and awake”

“Helped me in Asthma”

(his mom confirmed that he could discontinue his long standing practice of taking a daily dose of preventive medicine for asthma, after he practiced this method for a few months)

“When I was about to throw up”

“Stop Car sick”

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My Name: ANAM MEHTA Age: 10 Date: 1/18/08

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when Whenever I get to

It helps me in Calming down

My Name: AMOHA RAMANATH Age: 12 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- before I go to bed
- on the bus
- when I'm bored

It helps me in

- when I'm mad
- concentrating
- not being bored
- calm myself down.

I like ~~the~~ class because it helps me calm this down when I'm tired or ~~angry~~ angry.

My Name: RIYAN MEHTA Age: 13 Date: 1-18-09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when ever I can

It helps me in anger, stress, study, concentrate
CONCENTRATE

My Name: PRANJAL PATEL Age: 10 yrs Date: January 18, 09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- * I am bored
- * I am in a long car ride
- * When I can't sleep
- * On the bus ride
- * When I am mad



It helps me in

- * It helps me think about things.
- * It helps me not be bored.
- * It helps me fall asleep.
- * It helps me calm down.

My Name: **KAUSHIK PILAR** Age: **11** Date: **1/18/09**

I Practice by **Counting** **Only Feeling breaths (Without counting)** **Using fingers (Without counting)** **Staring at a spot**

I do it when
I sleep

It helps me in
Calming Down  

My Name: **KALYAN** Age: **10** Date: **1/18/08**

I Practice by **Counting** **Only Feeling breaths (Without counting)** **Using fingers (Without counting)** **Staring at a spot**

I do it when I'm angry at my brother,

It helps me in **calming down when I'm angry**

My Name: PRAHLEK Age: 8 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I go to sleep.

It helps me in going to sleep.

My Name: NIKHIL B. Age: 9 1/2 Date: Jan. 18th/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I'm bored

It helps me in nothing

My Name: SHAMANTH MURUNDI Age: 9 Date: 1/18/08

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- I am in the car
- I am in bed in the morning
- I am in a angry mood

It helps me in

- calming me down
- stop carsick
- get active and awake

My Name: MANTHAN VASABDI Age: 10 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

I do it when I am in the car.
I am in my bed when I am angry.

It helps me in

calming down
thinking hard about something
~~and~~ when I'm bored

My Name: ROHAN AVACHIT Age: 9 Date: 11/18/10

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I wake up

It helps me in Getting up and feeling fresh

My Name: VARUN, R. Age: 9 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I sleep,
When I do homework,
When I'm mad.

It helps me in When I am mad. it helps
me calm down

My Name: KAUSHIK PILAR

Age: 11

Date: 1/18/09

I Practice by

Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when

I sleep

It helps me in

Calming
Down



My Name:

KALYAN

Age: 10

Date: 1/18/08

I Practice by

Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when

I'm angry at my brother,

It helps me in

calming down when I'm angry

My Name: ANGEEERAS Age: 9 Date: 1/18/09

I Practice by Counting Only Feeling breaths Using fingers Staring at a spot
(Without counting) (Without counting)

I do it when I am in shower to sleep to wake up when
bored long trips when I was about to
through up.

It helps me in doing something so I don't fall
asleep

My Name: Vandeshwar Maharaaj Age: 10 Date: 1/25/09

I Practice by Counting Only Feeling breaths Using fingers Staring at a spot
(Without counting) (Without counting)

I do it when I sleep

It helps me in Asthama

My Name: RAGHAVA

Age: 9

Date: 1/18/09

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when I sleep, and when I do it when I wake up and when I am mad at my sister

It helps me in to cool down when I am mad at my sister so I don't punch my sister.

My Name: ADITYA AGASHE

Age: 12

Date: 1/8/08

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when I sleep, I wake up, and when I am angry.

It helps me in Calming down and sleeping or waking up.

'Counting Breaths' to Relax – Tip Sheet

Basic Method

Step 1

Breath in through the nose **feeling the coolness.**

Step 2

When the out-breath starts, **count in the mind** 'one, one ..' so on. Stop counting when the out-breath ends.

Step 3

Breath in through the nose feeling the coolness.

During the out-breath count in the mind
'two, two ...' so on till it ends.

At every out-breath count the next number.

Whenever you miss the count start from 'one, one ..'.

When To Practice?

In bed, to **Fall Asleep Easily** and
On waking up, to **Feel More Fresh**

"A simple, no-expense, meditation oriented approach to stress reduction which we recommend to our patients (and ourselves!) is nicely presented at the web site www.countingbreaths.com. Try it and you will be glad you did!" Dr. Peter Horwath M.D. in his web site www.albanvivf.com