

Chapter 1 : Butterfly Breathing Technique Broken Down And Explained

The abdomen is the cone-shaped section of the butterfly's body. It extends beyond the legs, and houses the organs responsible for breathing.

Butterfly Breathing Swimming Technique Misconception: In reality, even the fastest swimmers have technique limitations, but they offset them with strength and conditioning. A common technique misconception is that a butterflyer should not change the angle at the neck to breathe. Typical advice is to maintain the non-breathing neck angle when breathing to avoid submerging the hips and increasing resistance. However, swimmers can actually minimize resistance by using the full range of motion of the neck to breathe. The conventional wisdom is for a swimmer to maintain the same angle at the neck during breathing and non-breathing in butterfly. When the body angle changes, the swimmer generates excess resistance, expends more energy and swims slower. An effective breathing motion requires extension at the neck through the full range of motion. If a swimmer completely extends at the neck, the body remains horizontal so that resistance is minimal. A swimmer can expedite the learning process by focusing on cues to change the breathing motion. More to this article on page 16, by-Dr. Rod Havriluk is a sports scientist and consultant who specializes in swimming technique instruction and analysis. His unique strategies provide rapid improvement while avoiding injury. He can be reached at the website for Swimming Technology Research www.stotttraining.com. Check out the inside Swimming World video: Olympic Committee USOC met to brainstorm and develop an initial strategy to save scholarship swimming. Bill Rose Swimming Technique Misconceptions: Butterfly Breathing by Rod Havriluk A common swimming technique misconception is that a butterflyer should not change the angle at the neck to breathe. Stott Dryside Training: Kick Set On Land by J.

Chapter 2 : The Breathing Butterfly on the App Store

Butterfly Breathing Technique Learn and improve in easy steps Butterfly breathing technique is a rapid and explosive action that can take place every stroke or every second stroke depending on the ability of the swimmer and the distance and pace of the swim.

Deborah Rossi A long, yes very long time ago there was a dragon, a most evil, wicked and feared fire breathing Dragon called Dre. Or so it was believed that he was most evil and wicked but later, and as the story will tell, it will be learned that Dre had been shunned by most which is why he turned bitter, evil and wicked. Faith lived in Butterflyville with siblings Hope, and Harmony. As minutes turned to hours daylight to dark and there was still no sign of Hope and Harmony Faith cried herself to sleep, alone and confused not knowing what tomorrow would hold in store. Exhausted and with no other choice but to sleep Faith drifted off hopeful that with the start of a brand new day perhaps she would awaken to find both Hope and Harmony. Quickly remembering she had a mission today and that mission was to search for Hope and Harmony and search she would! Although worry she did as she heard tales about Dre the fire breathing dragon, Faith knew there was, just simply no other choice. So deep and deeper into the forest Faith flew. And just as she had landed on the lily by the rock wall Rattle tried to catch her, ssss swallow her. Why who are you? Bunny is my name said the brown long eared rabbit. Dear Faith, what brings you, alone, into the depths of the forest? And then just as Bunny was getting ready to tell her about Dre there was a ROAR so loud and so scary they both huddled together and scattered into the nearest cove they could find. And when they found the courage to peek out what seemed like hours later, they saw Dre, the fire breathing dragon, with big dark eyes, and green scaly body and why, the longest tail Faith had ever seen, but fire? Faith saw no fire. Perhaps the tale of Dre and the fire was just that, a tale, after all. But Bunny begged Faith not to leave the cove where it was safe and in that moment Faith stood tall and explained she was on a mission and had to find Hope and Harmony. Faith fell to the ground a wing singed unable to fly any further any longer. Surely Dre would not them being in his forest, surely Dre would! Shaken from the cold water and the fear of waking up to seeing Dre directly above her Faith tried to fly away again falling to the ground. And Faith came to realize that Dre was very much like herself. And as Faith and Dre shared their tears and their laughter Dre explained to Faith that all he really wanted was to be liked and to have friends. And just as Faith and Dre discovered they shared many things Bunny appeared, Rattle appeared, and creatures unknown to them all appeared. And in the distance fluttering and flying back to Faith were Hope and Harmony, and it was at that very moment there was a peace and serenity in the deep woods unlike any had ever known or seen before. Among an understanding of creature s great and small there was Faith, there was Hope and there was Harmony.

Chapter 3 : A Fun Calming Technique for Children – Butterfly Breathing + Butterfly Hugs | creating brand

butterflies and breathing Jun 7, Read: Psalm 39 At best, each of us is but a breath (v.5). As I stepped into The Butterfly Garden, a room populated with

What do Woolly Bear caterpillars become? The woolly bear caterpillar eventually becomes an Isabella Tiger Moth, *Pyrrharctia Isabella*. Do butterfly hibernation boxes/butterfly houses work? If you intend them as an attractive garden decoration, they work superbly. However, several of our visitors have been successful. Butterfly House Plans For info on where to put it in your garden, go here: [Where to Place your Butterfly House](#). How long do butterflies live? Opler and Krizek discuss this difficult question in *Butterflies East of the Great Plains*, where they state that the expected life span, which is usually much shorter than the maximum life span because of weather, predators, and many other factors, ranges from about 2 to 14 days. Maximum life span ranges from about 4 days for the Spring Azure to 10 to 11 months for the Mourning Cloak. Just as with people, females generally live longer than males. Butterflies which hibernate or go into reproductive diapause also tend to live longer. How can I tell a moth from a butterfly? Butterflies and moths both belong to a group of insects called "Lepidoptera", meaning that they have wings covered with scales. They are related in many ways. Butterflies are generally brightly-colored while moths are generally drab, though they are many dramatic exceptions to this. Almost all butterflies are active during the day, and most but by no means all moths are active at night. A good way to tell the difference is by their antennae. Butterfly antennae are shaped somewhat like a golf club, with a long shaft. Most moths have either simple filaments tapering to a point, or complicated affairs with many cross-filaments. How many kinds of butterfly are there? Worldwide, there are approximately 28,000 species. There are about 17,000 species in the USA and Canada. About 2,000 species have been found in Mexico. The United Kingdom has 58 species of butterfly and 2,000 species of moth. Where do butterflies go at night? At night or during bad weather, butterflies will usually hang from the undersides of leaves, or crawl into crevices between rocks or other objects, and sleep. What do butterflies eat? Adult butterflies sip nectar from flowers through their tongues, which act like straws. A very few butterflies do not visit flowers, but instead feed on tree sap or rotting organic material. You can feed butterflies with a butterfly feeder and homemade nectar. Mix 1 part sugar to 9 parts water. Boil this solution for a few minutes. Pour cooled mixture into your butterfly feeder. Store the rest in the refrigerator. Almost all caterpillars eat plant materials. Most eat leaves, but some eat seeds, seed pods, or flowers. The caterpillar of the Harvester butterfly eats aphids. My school wants to build a butterfly garden but we need donations. Where should we look? There are several organizations that provide money to school for wildlife habitat enhancement projects such as creating a butterfly garden. For more info, click here. What are the largest and smallest butterflies? Destruction of its habitat is threatening this beautiful creature with extinction. It is the rarest and biggest of all butterflies. The most common butterfly is the Cabbage White. Are there more moth species of butterfly species? Moth species outnumber butterfly species by 10 to 1. Which state has the most butterfly species? How do butterflies communicate? Butterflies communicate mostly through chemical signals. A few species communicate with sound. For example, the male Cracker Butterfly can produce noises with its wings. What makes their wings colorful? Each scale is a single color, most of which are produced by pigments. What colors can butterflies see? Butterflies can see red, green, and yellow. What is a caterpillar? The 6 true legs are jointed, with a little claw on the end of each. Prolegs are cylindrical, not jointed, with a tiny hook that makes them good for walking or clinging. The 6 true legs on the thorax remain throughout pupation, and these become the legs of the adult butterfly or moth. How do caterpillars see? How do caterpillars breathe? Caterpillars do not actually breathe as we do, but air is exchanged by the compression and extension of each segment. How do caterpillars hear? They make no noise other than chewing. Is frantic wriggling normal behavior? Yes, it is their response to feeling threatened. What does it mean when a caterpillar arches the front of its body and remains motionless? Be sure to visit our [Dragonfly Website](#) and our [Hummingbird Website](#), also our [KidLit](#) site of stories, poems, and book reviews written by kids.

Chapter 4 : The Butterfly and the Fire Breathing Dragon - Bedtime Bedtime

Butterflies breathe through spiracles, a type of tiny hole. They have multiple spiracles along their external skeletons, called the exoskeleton. Each spiracle has a trachea, which is a tiny tube that takes oxygen and brings it into the body. Butterflies do not have lungs or noses like humans. Since.

These include racing heart, racing mind, intrusive thoughts. Part of recovery is symptom management and finding tools that bring relief to the some distressing of symptoms. The Butterfly Hug is a form of bilateral stimulation that I suggest my client use in between EMDR sessions or even during a therapy session to relax and calm them self when they need to do so. Ignacio graciously gave me permission to share this with you. They used this process with survivors of hurricane Pauline in Mexico, in Since then, it has been used with adults and children who have experienced various forms of trauma. The process is simple and can be done anytime, anywhere you choose. It can help you induce a sense of safety and calm and empower you to self-comfort and self-soothe. It can also foster your resilience and to allay any disturbing feelings that come up. Most importantly, it can help to ground your awareness in the present moment. Anxiety symptoms are always related to future worrying so any symptom management that helps to ground people to the present moment also helps to manage anxiety. Sit with your back straight. Imagine you have a little balloon in your stomach that you inflate and deflate, slowly, deeply, smoothly. Observe what is happening in your mind, emotions and body as you would observe clouds in the sky. Cross your hands over your chest so that the middle finger of each hand is placed below your collarbone. The rest of your fingers will touch your upper chest. Your hands and fingers are as vertical as possible pointing more toward your neck than your arms. You can interlock your thumbs. Alternate the movement of your hands, right, left, simulating the flapping wings of a butterfly. Continue to breathe slowly and deeply, observing whatever is going through your mind and body thoughts, images, sounds, odors, emotions and physical sensations without changing, avoiding or judging anything. Observe it like clouds passing by. The butterfly is an ancient symbol of transformation. As you use this simple tool, you are facing, rather than avoiding conflict. Whenever you stop avoiding, you raise your level of consciousness awareness. As you do this, you are strengthening your inner radar detector by becoming more of who you really are, empowering yourself and calming yourself all at the same time.

Chapter 5 : The Respiratory System of a Butterfly | Sciencing

The Elfenworks site has a butterfly breathing script and additional information in regard to their butterfly breathing technique. Butterfly Hugs To add to your "Butterfly Breathing" you can add "Butterfly Hugs".

For those of you that do not have an anxiety disorder or do not recognize the insidiousness of it, I want you to momentarily imagine and understand. The fight-or-flight response goes haywire in someone with anxiety. Physiologically, breathing and heart rate increase. Therefore, less oxygen will make it to the brain or extremities, causing brain fog and cold and clammy hands. Anxiety makes you feel like your mind is in handcuffs and your body is disconnected from itself. An anxiety or panic attack can last for several minutes to several hours. Certain anxiety disorder symptoms can be felt every moment of every day. Positive anxiety or stress, called eustress, also exists. Biofeedback, cognitive behavioral therapy CBT, and mindfulness therapy are among the effective approaches that mental health professionals might use to work with an anxious person. Here are some steps that you can begin incorporating today to regain control over symptoms of anxiety: Educate yourself about your anxiety. What are your triggers – thoughts, people, objects, food, places? What does it feel like? Where in your body do you feel physical changes? Where do you feel emotional changes? Are you surprised by your anxiety attacks or do you know when they are coming? Identify what your experience with anxiety is composed of and write it down. Keep this with you so that you can refer to it to remind yourself that you know what you are feeling. This is the first step in managing it. Often we become fearful of or frustrated with our anxiety. That feeds it and makes the symptoms intensify. What am I trying to tell myself? Answering what is wrong often will bring insight and realization that nothing is immediately threatening you. If there is something that has triggered your anxiety, such as a car accident or job loss, remind yourself of the worst outcome, plan solutions, thank yourself for noticing that something wrong has happened, and allow yourself to breathe and regain control. Do you drink caffeine? If yes, when and how much? Do you eat foods with high amounts of sugar? How often do you eat fatty, processed foods? Diet choices such as these can exacerbate or ease your anxiety. Sugar, caffeine and fatty foods can be triggering your anxiety. More protein, herbal teas, whole grains, water, fruits and vegetables may ease your anxiety. A healthy, active mind and body boosts your immune response as well as your overall physical and mental health. Excess energy that anxiety creates can be channeled through activity. Discover what activity helps soothe you and brings you back to the present moment. This can be watching sports, walking your dog, practicing yoga or meditation, dancing, playing musical instruments, writing, knitting, playing a sport, riding a bike, reading, gardening, learning a new language, cooking, baking, playing a board game, socializing with friends, or discovering a new hobby. When you relax, are you truly relaxed? A relaxed body is a relaxed mind, and a relaxed mind is a relaxed body. We often can miss opportunities for relaxing in our busy schedules. For example, sitting in traffic, taking a shower, or right before bed or after waking up can be opportunities for practicing self-care. Find moments in your day when you can practice relaxation techniques and become fully engaged with them. Deep diaphragmatic breathing has a ripple effect on your autonomic nervous system and helps calm your other systems and quiet your mind. It is the first and fastest way in allowing yourself to regain control of your mind and body. Do not try to relax; allow yourself to relax. Slowly inhale for four seconds, and watch as your belly begins to expand and fill your lungs as if inflating a balloon. Gently hold for one or two seconds, and then slowly exhale for six seconds, completely letting go of your tension and worries. Biofeedback, mindfulness, meditation and yoga can all enhance your relaxation response to manage anxiety. Smile and remember that you are in control. Anxiety tricks our minds and bodies into thinking that we have lost all control. Know that you are not alone. Panic and anxiety disorders can feel extremely isolating in spite of how common they are. It is not always visible to others and therefore many individuals can go untreated or misunderstood. Seek professional guidance from a trained mental health clinician, discuss what you are feeling with compassionate family members and friends, and remember that somewhere nearby someone else also is having the ugly butterflies. She works for a Licensed Mental Health Counselor as a research consultant. Her primary focus is biofeedback and neurofeedback and how it applies to various physical and mental health concerns. Retrieved

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on November 11, , from <https://>

Chapter 6 : Managing Anxiety Through The Butterfly Method |

This project utilizes simple and straightforward visualization images such as butterflies, balloons, and birds, giving children in stressful conditions (e.g., high poverty, homelessness).

Yet the research is clear: They cope by moving from "fight or flight" to "relaxation response. Do you have a redemption code? About Stressors Adults experience stress about almost everything including money, stability, health, and children. Stress is not something you can control. It is hard to find a way to cope with that stress. If you are better able to cope with your stress each day should be a little easier. Kids experience stress for all sorts of reasons, just like teens and adults. Often, the situations that cause them stress are out of their control as well. Stress can come at school, from the need to perform, pressure from peers, or bullying. It can come from health reasons or family problems. There are a whole host of reasons kids can increase stress. All children, whether highly stressed or simply dealing with the stress of growing up, can benefit from additional coping skills. About the Effects of Stress When we experience stress, "fight or flight" chemicals are released by the body. These chemicals, known as cortisol, have been shown to make it harder for us to learn and retain information. In addition to these negative long-term health effects, cortisol release has also been shown to reduce some components of memory performance. In essence, stress is toxic to growing brains. Yet powerful body responses lie behind this simple relaxation response. This is the opposite of the "fight or flight" response that stress stimulates. It also affects heart rate, blood pressure, oxygen consumption and brain activity. The evidence is clear: MBSR has been shown to build resilience and improve outcomes. The coping skills we teach, while they cannot address the underlying situation, at least allow children some protection against the psychological and physical effects of acute and chronic stress. So, in a sense, we are attempting to "inoculate" kids against some of the more harmful effects that stress can produce. Children learn that, while they may not be able to control the environment, they do have some power over their response to it. This will help avoid any duplicative efforts and allow us to get you the script in English and provide you with the necessary release forms. We can also advise on some recording methods that may result in a better recording.

Chapter 7 : FAQ - The Butterfly WebSite - butterfly questions

Breathing In. While [butterfly stroke](swimming butterfly), breathing is initiated by kicking a little bit harder during the second dolphin kick.

Or you know your child is anxious and not sure how to feel better. Here is how it works: Butterfly Breathing
Let your child know there is a way to make them feel better. It is always best to help your child when the emotions have not escalated to a very high level. The sooner you can assist the better. Ask your child to pretend to be a butterfly! Model for your child what butterfly wings would look like. Hold your arms out and bring them in toward each other. Practice together with your child how their butterfly wings work. Practice always helps for being able to remember later when it is needed. Model for your child how the butterfly breathes. There is more than one way this can be done. The most important message is for the butterfly to breathe deep. As the butterfly opens its wings, take a deep breath " you can count 1, 2, 3 as you open your wings if you wish. As the butterfly closes its wings, let the breath out, letting all your worries out " you can count 3, 2, 1 as you close your wings if you wish. Model and do this with them as they learn this technique. One website that shows the Butterfly Breathing technique with the 1,2, 3 count is: Here is how you would do butterfly hugs: Hands tap the arms and then hands rubbing the arms from left to right. Good luck with your butterfly breathing and butterfly hugs and remember you may find it helpful for yourself to use as well. And the more you model for your child the more he or she will probably use it!

Chapter 8 : Breathing Through The Butterflies: How To Manage Nerves

Lindsay was born in San Marino, California and resides near Lake Tahoe. After a painful tragedy of losing her mother, she tried many modalities, including professional therapy and treatment for PTSD.

Breathing Through The Butterflies: We all know the feeling. To learn more about the physiological arousal that accompanies "nerves," check out this quick ASAPScience video. How an athlete interprets these physiological sensations can have an incredible impact on performance. This can be an uncomfortable feeling and some may perceive their nerves with panic and worry. The best athletes recognize this arousal as a sign that their body is gearing up to perform. They channel this arousal to aid, not hinder, their performance. Next time you watch a top-level basketball player at the free-throw line or an experienced swimmer behind the block, try to notice the deep, diaphragmatic breaths they take immediately before the task. Taking a few deep breaths can lead athletes to feeling calm and in control. The key is making sure one gets a full breath that contracts the diaphragm a muscle under the lungs causing the stomach to rise, and minimally raises ones chest and shoulders. Awareness of how you are breathing diaphragmatic vs. Take in a few deep breaths and focus on feeling your stomach rise more than your chest. Spend five minutes a day focusing on your breathing with the above exercise. Use other relaxation and breathing exercises on apps like Pacifica, Lucid, and Smiling Mind. Add diaphragmatic breathing to your mental imagery, progressive muscle relaxation, and pre-race routines. Structure your self-talk around this belief. Use relaxation and confidence techniques like mental imagery to prepare you for those moments right before a performance. Finally, breath through the butterflies by channeling your nerves with deep diaphragmatic breaths. Chip graduated from Centre College in , where he swam, with degrees in history and psychology. Chip volunteers with Dr. Get the best swimming news straight to your inbox. As far as in-state competition goes, this meet brings a wide range of swimmers together. After facing Alabama to open the season, Ohio State hosts another major season kick-off meet. Although everyone can agree, racing head to head is much more exciting, a virtual podium is the only option for this summer. College swimmers are returning from summer training and competition to pick up the books once again. Obviously, the great Michael Phelps comes to mind quickly. Yet, the world is still taking to international competitions, albeit not all against each other. Petersburg, Florida, offers a great end-of-season championship for many of the countries best up-and-coming swimmers.

Chapter 9 : The Ugly Butterflies: Managing Anxiety Better

Not all butterflies in the chest are the same. Some palpitations are caused by medical disorders such as mitral valve prolapse, heart disease, uncontrolled high blood pressure, overactive thyroid, anemia and sleep apnea.