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IMPACT OF SLOW BREATHING ON CHILDREN'S COGNITION AND STRESS LEVELS.

Autores PALOMA GONÇALVES ¹, RENATA GIRARDI CASALI BRONZATTI ¹, KARINA RABELLO CASALI ¹, LÍLIA SOUZA BRUNI ¹, CAROLINA MARIA BRAGA DE OLIVEIRA ¹, TATIANA SOUSA CUNHA ¹

Instituição ¹ UNIFESP - Universidade Federal de São Paulo

Resumo

Discussion has arisen regarding the impacts brought about by the pandemic and the notable rise in students experiencing learning challenges. Studies examining the slow breathing technique have shown positive effects on cognitive aspects. This project aimed to assess the impact of slow breathing on cognitive and attention processes in elementary school children. To quantitatively assess cognitive and attentional skills, was administered a Random Number Generation Test, both with and without intervention. Heart rate variability (HRV) was measured and analysed during the experimental protocol. Analysis of the results suggests that the selected intervention may hold potential for ameliorating learning difficulties in children.

Palavras-chaves: cognition, learning difficulties, slow ventilation, heart rate variability, HRV