

Mindful Breathing

(5 minutes)

Students can stand or sit for this activity.

Ask students to put both hands on their belly.

Students should close their eyes, or look down to their hands.

Guide students in taking three slow deep breaths in and out to see if they can feel their hands being moved.

You may like to count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out, pausing slightly at the end of each exhale.

Encourage students to think about how the breath feels, answering the following questions silently, in their mind.

What is moving your hands? Is it the air filling your lungs?

Can you feel the air moving in through your nose?

Can you feel it moving out through your nose?

Does the air feel a little colder on the way in and warmer on the way out?

Can you hear your breath?

What does it sound like?

