

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

DEEP BREATHS - 'JUST BREATHE' CHART

EXPLANATION:

DEEP BREATHS HELPS STUDENTS TO CALM DOWN. THIS VISUAL CAN BE USED TO HELP STUDENTS SLOWLY TAKE DEEP BREATHS. THIS CAN BE USED AS A WHOLE CLASS OR WITH INDIVIDUAL STUDENTS. THIS RESOURCE CAN BE ADDED TO YOUR SAFE PLACE/COZY CORNER/CALM DOWN KIT.

METHODOLOGY:

- CHILDREN CAN USE THIS VISUAL TO FOCUS ON TAKING 5 DEEP BREATHS. IN PREPARATION FOR THIS LESSON, TEACHERS SHOULD CUT OUT EACH BREATH 'TICKET' AND ATTACH A PIECE OF VELCRO.
- STUDENTS CAN USE THIS VISUAL TO PLACE A BREATH 'TICKET' ON TO THE CHART EACH TIME THEY TAKE A DEEP BREATH.
- INVITE CHILDREN TO USE THIS RESOURCE TO TAKE A MOMENT TO HAVE 5 DEEP BREATHS.
- CHILDREN SHOULD BE SITTING UP STRAIGHT, WITH TWO FEET FLAT ON THE GROUND. IF THIS ACTIVITY IS BEING COMPLETED AS A WHOLE CLASS, THE TEACHER CAN GUIDE THE GROUP IN INHALING FOR 3 SECONDS, HOLDING THE BREATH, AND EXHALING FOR 3 SECONDS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL BEFORE YOU TOOK YOUR 5 DEEP BREATHS? HOW DID YOU FEEL AFTER YOU TOOK YOUR 5 DEEP BREATHS? DID THE 'JUST BREATHE' VISUAL HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

LESSON #:

1

LESSON RESOURCES



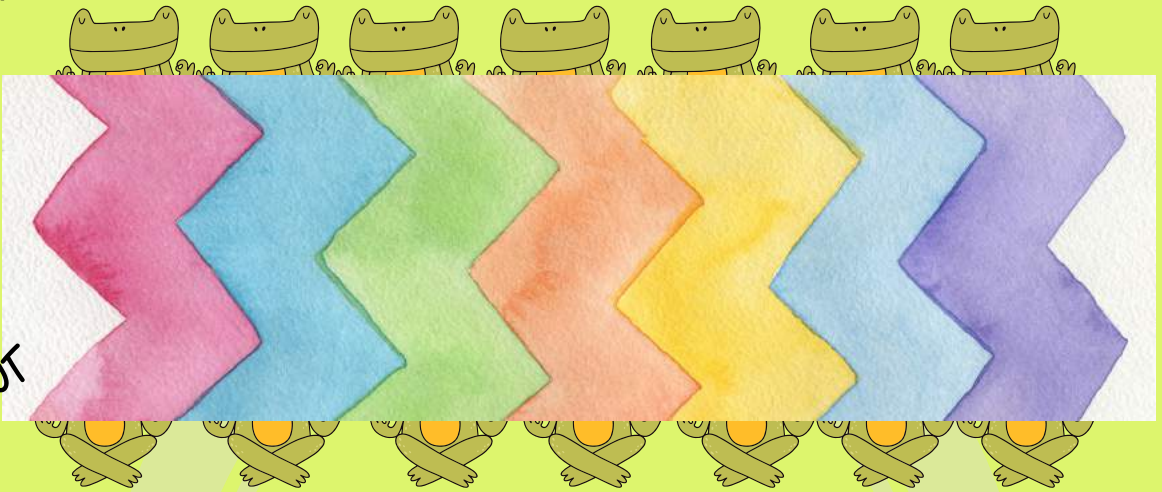
LESSON RESOURCES

Just Breathe

BREATHE IN



BREATHE OUT



Just Breathe

BREATHE IN



BREATHE OUT



LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE BOTTLE OF CALM/'MIND JAR'

EXPLANATION:

THIS LESSON INTRODUCES CHILDREN TO THE MIND JAR. THE MIND JAR IS A TOOL THAT CAN BE VERY USEFUL TO CALM US DOWN WHEN WE ARE NERVOUS, AND IS INSPIRED BY THE MONTESSORI METHOD. WHEN WE SHAKE THE JAR, WE CAN OBSERVE HOW THE GLITTER MOVES UNCONTROLLABLY, SUCH AS WHEN WE GET ANGRY OR FRUSTRATED. WHEN WE SHAKE THE JAR AND THE GLITTER MOVES, IT REPRESENTS OUR MIND WHEN IT IS FULL OF NERVOUS/NEGATIVE THOUGHTS.

METHODOLOGY

- THIS TOOL CAN BE USED AS PART OF A WHOLE CLASS LESSON OR WITH INDIVIDUAL CHILDREN. IF THE MIND JAR IS BEING USED WITH AN INDIVIDUAL CHILD, IT CAN BE USED WHEN THE CHILD IS FEELING CHALLENGING EMOTIONS SUCH AS FEELING NERVOUS, ANGRY, IRRITATED ETC.
- INVITE THE CHILD TO SHAKE THE MIND JAR AND FOCUS THEIR ATTENTION TO THE PATTERNS AND MOVEMENTS OF THE LIQUID AND GLITTER. ACCORDING TO SOME STUDIES, WHILE CHILDREN OBSERVE THE FALL OF GLITTER, THEY CAN ORGANIZE AND CENTRALIZE THE NERVOUS SYSTEM.
- INVITE THE CHILD TO FOCUS ON THE CONTENTS OF THE JAR UNTIL ALL OF THE GLITTER HAS SETTLED. THIS FOCUS WILL DIVERT THE CHILD'S ATTENTION FROM THE CHALLENGING EMOTION THEY ARE FEELING AND WILL HOPEFULLY SUPPORT THE CHILD IN CALMING DOWN.
- WHEN THE CHILD IS CALM, THIS JAR CAN BE USED AS A METAPHOR FOR THEIR CHALLENGING THOUGHTS - MUCH LIKE THE GLITTER IN THE JAR, IT CAN BE TRICKY TO FEEL PRESENT WHEN OUR THOUGHTS ARE RACING AROUND OUR HEAD. USING OUR MINDFUL BREATHS AND ALLOWING TIME FOR THE CHALLENGING EMOTION TO PASS, AND THE GLITTER TO SETTLE AT THE BOTTOM OF THE JAR CAN HELP US TO BECOME MORE CALM AND OVERCOME OUR CHALLENGING EMOTIONS.

REFERENCES:

FSTORY BREATHE

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THE MINDFUL SCHOOL

Student Lessons



REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU NOTICE AFTER YOU SHOOK THE MIND JAR? CAN YOU THINK OF A TIME YOUR MIND FELT BUSY LIKE THE MIND JAR? DID WATCHING THE MIND JAR HELP YOU TO MAKE YOUR HEAD FEEL LESS BUSY?

LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE POWER OF COLORS

EXPLANATION:

THIS ACTIVITY INVITES CHILDREN ASSOCIATE DIFFERENT COLOURS WITH DIFFERENT EMOTIONS THROUGH GUIDED MEDITATION.

METHODOLOGY

- INVITE CHILDREN TO CLOSE THEIR EYES AND IMAGINE A CHALLENGING EMOTION AS A COLOUR. FOR EXAMPLE - RED MAY REPRESENT WORRY. INVITE CHILDREN TO VISUALISE THIS COLOUR, TAKE A DEEP BREATH IN AND BLOW ALL THE WORRIES OUT AND VISUALISE THE RED COLOUR FADING AWAY! IMAGINE BLOWING THE COLOUR RED OUT OF YOUR BODY FOR A COUNT OF THREE.
- INVITE CHILDREN TO BREATHE IN A HEALING, WARMING, HAPPY COLOUR, FOR EXAMPLE GREEN. ASK CHILDREN TO IMAGINE THIS HEALING LIGHT TRAVELING ALL AROUND THE BODY AS THEY INHALE. THIS CAN BE REPEATED WITH OTHER CALMING COLOURS - INHALING FOR A COUNT OF THREE AND EXHALING.
- CHILDREN CAN BE INVITED TO PUT THEIR HANDS ON THEIR HEART, CONTINUE WITH THEIR DEEP BREATHS AND CONTINUE TO IMAGINE CALMING, LOVING COLOURS FILLING THEIR BODY UNTIL ALL OF THE CHILDREN'S WORRIES ARE GONE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHICH COLOURS DID YOU CHOSE TO REPRESENT DIFFERENT EMOTIONS? DID IMAGINING THE COLOUR FADING AWAY HELP YOU TO CALM DOWN? DO YOU THINK YOU COULD USE THIS PRACTICE IN THE FUTURE FOR CHALLENGING EMOTIONS?

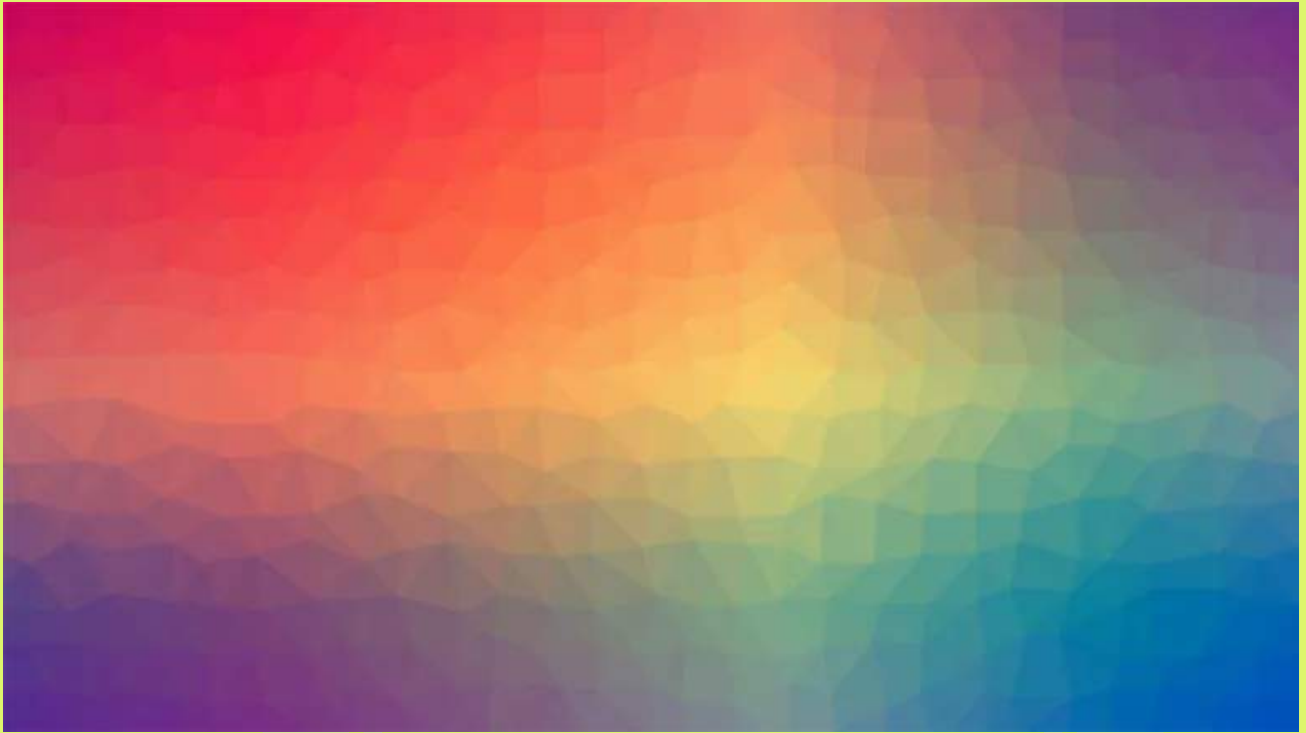
REFERENCES:

FSTORY BREATHE.

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE KISSING GAME

EXPLANATION:

THIS ACTIVITY ENCOURAGES YOUNG CHILDREN TO USE THEIR 'KISSING FINGERS' TO HELP THEM TO FOCUS ON THEIR BREATHING

METHODOLOGY

- INVITE CHILDREN TO DRAW A SMILEY FACE ON EACH FINGER OF ONE HAND AS SEEN IN THE IMAGE ON THE FOLLOWING PAGE.
- CHILDREN WILL THEN OPEN THEIR PALM OF THEIR HAND AS THEY INHALE. AS THE CHILDREN EXHALE, INVITE THEM TO PRESS THEIR THUMB AND FIRST FINGER TOGETHER, MAKING THE SMILEY FACES ON THEIR FINGERS KISS. THIS CAN BE REPEATED WITH THE THUMB AND EACH FINGER WITH EACH BREATH WE TAKE.
- CHILDREN CAN BE INVITED TO CLOSE THEIR EYES FOR THIS PRACTICE TO FOCUS THEIR FULL ATTENTION ON THEIR BREATHING.
- FOR A MORE COMPLEX VERSION, INVITE CHILDREN TO USE BOTH HANDS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT WAS THE MOST CHALLENGING PART OF THIS ACTIVITY? DID USING YOUR HANDS HELP YOU TO FOCUS ON YOUR BREATHING? WHEN MIGHT YOU USE THIS ACTIVITY IN THE FUTURE?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8KAODXIKC60](https://www.youtube.com/watch?v=8KAODXIKC60)
FÁTIMA FLORES PÉREZ

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LESSON RESOURCES



Besos de dedos: juego mindfulness y masaje para niños



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

WE ARE ICE!

EXPLANATION:

THIS ACTIVITY WILL TAKE PLACE DURING A PHYSICAL EDUCATION LESSON/CLASSROOM. CHILDREN WILL IMAGINE THAT THEY ARE A PIECE OF ICE. CHILDREN WILL LISTEN TO MUSIC AND WILL BE GUIDED THROUGH A SERIES OF VISUALISATIONS AND MOVEMENTS.

METHODOLOGY

- CHILDREN WILL BE ENCOURAGED TO MOVE TO THE RHYTHM OF THE MUSIC THOUGH WHICH THEY WILL HEAR THE SEA, SEAGULLS AND ELEMENTS OF SUMMER, CHILDREN MUST MOVE THROUGH THE SPACE. LIKE ICE THAT GRADUALLY MELTS, CHILDREN WILL LOWER THEIR BODIES UNTIL THEY ALL END UP LYING ON THE GROUND.
- TAKING ADVANTAGE OF THIS STATE OF RELAXATION OF THE STUDENTS, WE WILL TELL THEM A STORY SO THAT THEY CAN FOCUS AND VISUALIZE, AND WE WILL WORK ON BREATHING. THE SCRIPT FOR THE STORY IS AS FOLLOWS BELOW:

THE STRONG SUMMER HEAT HAS MELTED US AND TURNED US INTO WATER. LOOK AT THE BLUEST SKY, THERE ARE SEAGULLS! SEAGULLS FLY THROUGH THE SKY AND FEEL THE COOL SEA ON THEIR FACES. NOW, IMAGINE THAT YOU ARE SEAGULLS AND THAT YOU ARE FLYING HIGH, VERY HIGH. FEEL THE COOL AIR OF THE SEA. WE GO DOWN LITTLE BY LITTLE TOWARDS THE BEACH AND WE FEEL THE SOUND OF THE WAVES OF THE SEA. WE STAND ON THE SAND, IT IS HOT AND WE WATCH THE WAVES. WE BREATHE IN AIR WHEN THE WAVE COMES TOWARDS US AND WE BREATHE OUT AIR WHEN THE WAVES MOVE BACK TOWARDS THE SEA. WE APPROACH THE WATER, IT IS COOL!! WE RETURN TO OBSERVE THE WAVES, WE BREATHE VERY DEEPLY TO FILL THE BODY WITH THE SEA AIR IN 1, 2, 3 AND 4. WE HOLD THE AIR IN FOR THREE, NOTICING THE HEAT OF THE SUN, 1, 2 AND 3 AND WE EXHALE AGAIN WHEN THE WAVE MOVES AWAY IN 1, 2, 3.

REFERENCES:

FÁTIMA FLORES PÉREZ

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FT2XFPH6CPI](https://www.youtube.com/watch?v=FT2XFPH6CPI)

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THE MINDFUL SCHOOL

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REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOUR BODY FEEL DURING THE EXERCISE? DID PRETENDING TO MELT LIKE ICE HELP YOU TO FEEL RELAXED AND FOCUSED ON YOUR BREATHING?

LESSON RESOURCES

MELTING
MELTING
MELTING

GoNoodle

#gonoodle

Melting Exercise - Learn To Destress | Guided Meditation For Kids | Breathing Exercises | GoNoodle



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE BREATHING ROPE

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY USES A STRING OF 5 BEADS (SEE IMAGE BELOW) TO FOCUS THE MIND ON 5 DEEP BREATHS. IT IS A GOOD ACTIVITY TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING.

METHODOLOGY

- THIS IS A TOOL THAT THE CHILDREN WILL HAVE FOR WHEN THEY NEED TO USE IT INDEPENDENTLY. THEY CAN PLACE IT IN THEIR PENCIL CASE OR IN THEIR PERSONAL BOX. IT IS A SMALL ROPE THAT HAS 5 WOODEN PIECES/BEADS, AND THESE PIECES CAN MOVE ALONG THE ROPE.
- THE FIRST AND LAST BEAD ARE A DIFFERENT COLOUR TO THE MIDDLE THREE BEADS. THE FIRST AND LAST BEAD REPRESENT BREATHS WHICH WE INHALE FOR 3 SECONDS AND EXHALE FOR THREE SECONDS. THE MIDDLE THREE BEADS REPRESENT AN INHALE FOR TWO SECONDS FOLLOWED BY AN EXHALE FOR TWO SECONDS.
- EACH TIME THE CHILDREN TAKE A BREATH, THEY CAN MOVE THE BEAD TO THE OTHER SIDE OF THE ROPE. WHEN THE TIME IS UP, ALL 5 BEADS WILL BE ON THE OTHER SIDE OF THE ROPE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID THE BREATHING BEADS HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

FÁTIMA FLORES PÉREZ

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

BLOW OUT THE BIRTHDAY CANDLES

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY IS A GOOD EXERCISE TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING. CHILDREN WILL PRETEND TO BLOW OUT CANDLES ON A BIRTHDAY CAKE WITH EACH BREATH THEY TAKE.

METHODOLOGY

- INVITE THE CHILDREN TO SPREAD THEIR PALM OUT IN FRONT OF THEM AND PRETEND EACH FINGER IS A BIRTHDAY CANDLE.
- INHALE A DEEP BREATH AND WITH A SLOW EXHALE, BLOW OUT THE BIRTHDAY CANDLES ONE BY ONE - SLOWLY LOWERING ONE FINGER DOWN AT A TIME WHILE YOU EXHALE.
- REPEAT ON THE OTHER HAND.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID PRETENDING TO BLOW OUT THE BIRTHDAY CANDLES HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WAJIU-FSK80](https://www.youtube.com/watch?v=WAJIU-FSK80)
ACTIONFORHEALTHYKIDS.ORG

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LESSON RESOURCES



Candle Breathing



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

BELLY BUDDIES

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY IS A GOOD EXERCISE TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING. CHILDREN WILL USE A SMALL TEDDY ON THEIR TUMMY TO HELP THEM VISUALISE THE PHYSICAL CHANGES IN THE BODY WHEN INHALING AND EXHALING.

METHODOLOGY

- INVITE CHILDREN TO BRING IN A SMALL STUFFED TOY, OR PROVIDE A CLASS SET OF SMALL, LIGHT-WEIGHT OBJECTS SUCH AS SMALL BEAN BAGS OR WOODEN BLOCKS.
- STUDENTS WILL LAY ON THEIR BACKS AND PLACE THE TOY OR OBJECT ON TOP OF THEIR BELLY BUTTONS.
- TAKE STUDENTS THROUGH A GUIDED BREATHING ACTIVITY - INHALING FOR 5 SECONDS AND EXHALING FOR 5 SECONDS REPEATEDLY, ASKING THEM TO WATCH THE OBJECT AS IT MOVES UP AND DOWN WITH THEIR BREATH AS THEIR STOMACH INFLATES AND DEFLATES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU NOTICE ABOUT THE TEDDY? DID THE TEDDY MOVE WHEN YOU TOOK A DEEP BREATH?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=V6BEI3THPOQ](https://www.youtube.com/watch?v=v6BEI3THPOQ)
AMBER OWEN

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

RAINBOW BREATHING

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY IS A GOOD EXERCISE TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING. CHILDREN WILL USE A VISUAL OF A RAINBOW TO HELP THEM FOCUS THEIR BREATHING.

METHODOLOGY

- CHILDREN CAN USE THIS VISUAL TO FOCUS ON TAKING DEEP BREATHS. INVITE CHILDREN TO INHALE AND TRACE THE ARC OF THE RAINBOW UNTIL THEY REACH THE CLOUD. WHEN THEIR FINGER REACHES THE CLOUD, CHILDREN CAN BEGIN TO EXHALE UNTIL THEY REACH THE END OF THE RAINBOW.
- IF THIS ACTIVITY IS BEING COMPLETED AS A WHOLE CLASS, THE TEACHER CAN GUIDE THE GROUP IN INHALING FOR 3 SECONDS, HOLDING THE BREATH, AND EXHALING FOR 3 SECONDS. ALTERNATIVELY, CHILDREN CAN USE THIS RESOURCE INDEPENDENTLY IN THEIR OWN TIME.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID THE RAINBOW HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

VERY SPECIAL TALES

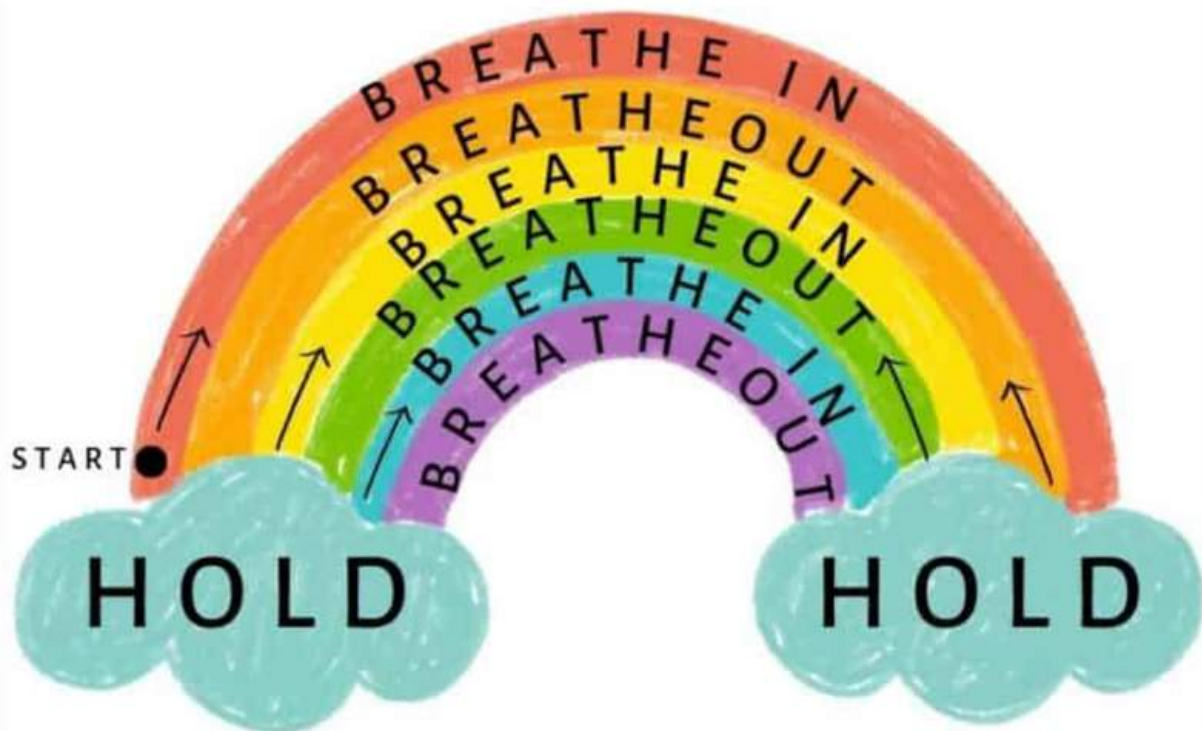
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LESSON RESOURCES

RAINBOW BREATHING

- Breathe in slowly as you trace the red arc of the rainbow
- Hold your breath when you reach the cloud
- Breathe out slowly as you trace the orange arc back to the first cloud
- Hold your breath on the cloud
- Continue the sequence



THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

STAR BREATHING

EXPLANATION:

THE GOAL OF CALMING EXERCISES IS TO GET YOURSELF FROM "FLIGHT, FIGHT OR FREEZE" MODE BACK TO "REST AND DIGEST" MODE. THIS ACTIVITY USES THE VISUAL AID OF A STAR TO HELP CHILDREN FOCUS ON THEIR BREATHING. DEEP BREATHING HELPS GET MORE OXYGEN INTO YOUR BLOODSTREAM, OPENING UP YOUR CAPILLARIES. IT HAS A PHYSICAL EFFECT ON YOUR BODY TO HELP YOU CALM DOWN AND LOWER STRESS.

METHODOLOGY

- INVITE CHILDREN TO START AT ANY "BREATHE IN" SIDE ON THE STAR. CHILDREN SHOULD TRACE THEIR FINGER OVER THE "BREATHE IN" SIDE OF THE POINT, HOLD THEIR BREATH WHEN THEIR FINGER GETS TO THE TIP OF THE POINT, AND BREATHE OUT AS THEY TRACE THEIR FINGER OVER THE OTHER SIDE OF THE POINT.
- THIS SHOULD BE REPEATED UNTIL THE CHILD REACHES WHERE THEY STARTED ON THE STAR.
- WHEN THE CHILD TRACES THE WHOLE STAR, THEY WILL HAVE COMPLETED 5 DEEP BREATHS

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID THE STAR HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

COPING SKILLS FOR KIDS

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

MOUNTAIN BREATHING

EXPLANATION:

THE GOAL OF CALMING EXERCISES IS TO GET YOURSELF FROM “FLIGHT, FIGHT OR FREEZE” MODE BACK TO “REST AND DIGEST” MODE. THIS ACTIVITY USES THE VISUAL AID OF A MOUNTAIN TO HELP CHILDREN FOCUS ON THEIR BREATHING. DEEP BREATHING HELPS GET MORE OXYGEN INTO YOUR BLOODSTREAM, OPENING UP YOUR CAPILLARIES. IT HAS A PHYSICAL EFFECT ON YOUR BODY TO HELP YOU CALM DOWN AND LOWER STRESS.

METHODOLOGY

- INVITE CHILDREN TO PUT UP ONE HAND, PALM FACING OUT AND FINGERS SPREAD APART. PLACE THE INDEX FINGER OF YOUR OTHER HAND AT THE BASE OF YOUR THUMB AND BREATHE IN WHILE YOU MOVE YOUR FINGER UP ONE SIDE OF YOUR THUMB. MOVE YOUR FINGER DOWN THE OTHER SIDE OF YOUR THUMB AND BREATHE OUT.
- REPEAT THIS ACTIVITY WITH THE REMAINING FOUR FINGERS, AND TAKE DEEP BREATHS IN AND OUT AS YOU MOVE YOUR FINGER.
- THIS ACTIVITY CAN ALSO BE COMPLETED WITH A CLOSE FRIEND OR TRUSTED ADULT. HAVE THEM SPREAD THEIR HAND OUT AND USE YOUR FINGER TO TRACE THEIR HAND AND DO DEEP BREATHS. OR DO THE OPPOSITE: SPREAD YOUR HAND OUT AND HAVE THEM USE THEIR FINGER AND TRACE YOURS. YOU CAN DO DEEP BREATHS TOGETHER!

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID USING YOUR HAND/THE VISUAL OF THE MOUNTAIN HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

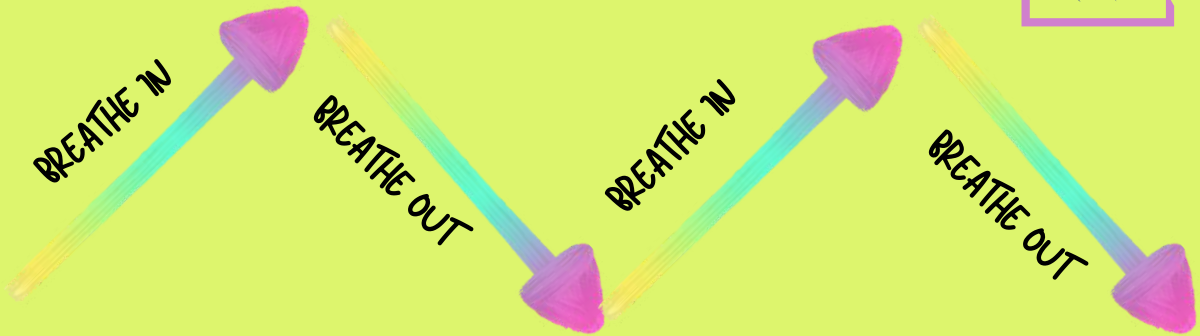
COPING SKILLS FOR KIDS

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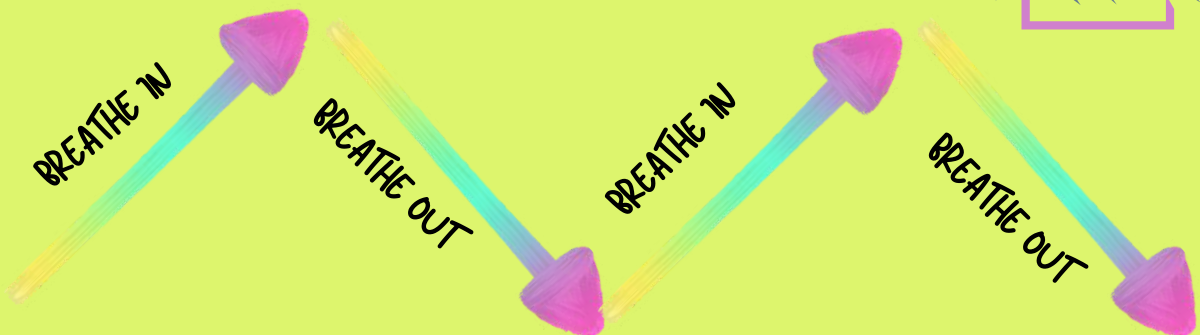
12

LESSON RESOURCES

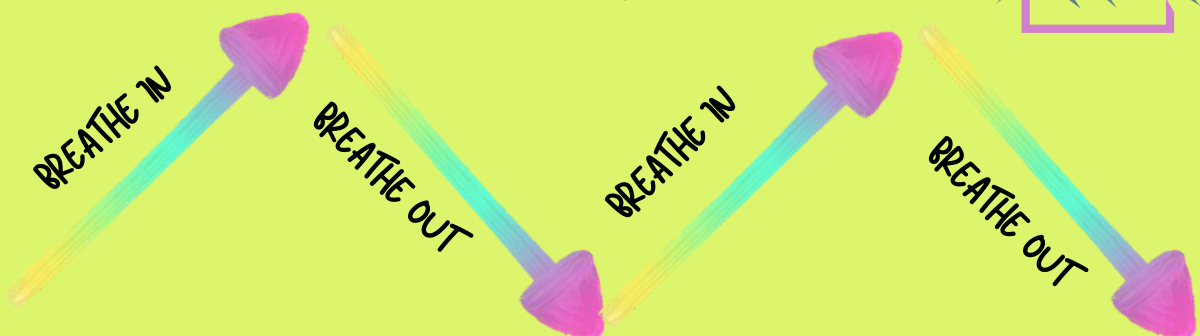
JUST BREATHE



JUST BREATHE



JUST BREATHE



THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

AFFECTIONATE BREATHING

EXPLANATION:

THIS ACTIVITY INVOLVES CHILDREN ENGAGING IN A GUIDED MEDITATION INSPIRED BY THE WORK OF KRISTIN NEFF. THE AIM OF THIS MEDITATION IS TO PRACTICE AFFECTIONATE BREATHING AS A MEANS OF DEVELOPING SELF-COMPASSION

METHODOLOGY

- INVITE CHILDREN TO SIT IN A COMFORTABLE POSITION WITH THEIR HANDS RESTING ON THEIR HEART. EXPLAIN TO THE CHILDREN THAT, UNLIKE OTHER ACTIVITIES WE HAVE DONE, WE ARE NOT ONLY BRINGING AWARENESS TO OUR BREATHING, BUT FOCUSING ON AFFECTIONATE AWARENESS TO OUR BREATHING AND TO OURSELVES.
- ENCOURAGE CHILDREN TO FIND A RYTHM OF BREATHING THAT IS COMFORTABLE FOR THEM, AND SIMPLY BREATHE FOR A FEW SILENT MOMENTS. ENCOURAGE THE CHILDREN TO FOCUS ON LOVE AND KINDNESS TOWARDS THEMSELVES AS THEY INHALE AND EXHALE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID THIS EXERCISE MAKE YOU FEEL? IS IT EASY OR CHALLENGING TO WISH LOVE AND KINDNESS FOR YOURSELF? HOW DOES THIS MAKE YOU FEEL?

REFERENCES:

KRISTIN NEFF
[HTTPS://MINDFULNESSEXERCISES.COM/DOWNLOADS/AFFECTIONATE-BREATHING/](https://mindfulness Exercises.com/downloads/affectionate-breathing/)

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE POWER OF BELLY BREATHING

EXPLANATION:

THIS ACTIVITY ENGAGES OLDER CHILDREN IN A GUIDED BREATHING PRACTICE. THIS ACTIVITY WOULD BE SUITABLE AS A FOLLOW ON ACTIVITY FOR OLDER CHILDREN TO THE 'BELLY BUDDIES' ACTIVITY OUTLINED ABOVE IN LESSON 9. WHEN WE ARE IN A BALANCED STATE OF BEING, THE NATURAL BREATH ENGAGES THE DIAPHRAGM - A THIN SKELETAL MUSCLE THAT RESTS BETWEEN THE CHEST AND THE ABDOMEN.

METHODOLOGY

- INVITE CHILDREN TO REST ON YOUR BACK, PLACING ONE HAND ON THE BELLY AND THE OTHER ON THE CHEST.
- TAKE A FEW NORMAL BREATHS TO FIRST OBSERVE WHICH PART OF THE BODY IS RISING AND FALLING WITH EACH BREATH.
- NOW, SEE IF YOU CAN DEEPEN YOUR BREATH BY SOFTENING THE BELLY.
- LET YOUR BREATH COME BACK TO ITS NATURAL DEPTH AND PACE. NOTICE THE DIFFERENCE IN THE MOVEMENT IN YOUR BODY AS YOU BREATHE CERTAIN WAYS.
- BEGINNERS MIGHT LIKE TO PRACTICE THIS FOR ONE OR TWO MINUTES AT A TIME.
- HOWEVER, AS YOU BECOME MORE COMFORTABLE, WITH THIS FORM OF BREATHING, SEE IF YOU CAN EXTEND THE LENGTH OF YOUR SESSIONS BY A FEW MINUTES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU NOTICE ABOUT HOW YOUR BODY MOVED IN CERTAIN WAYS AS YOU TOOK DEEP BREATHS?

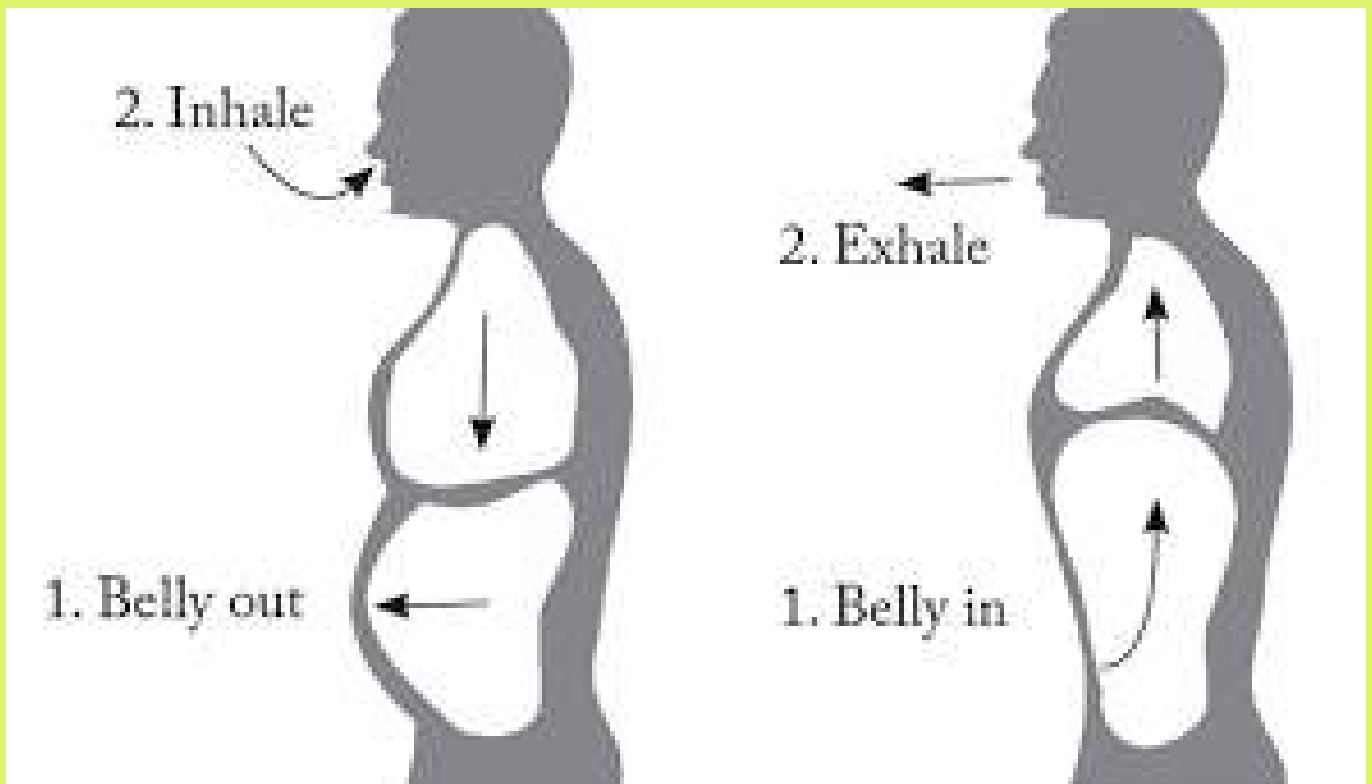
REFERENCES:

[MINDFULNESSEXERCISES.ORG](https://www.mindfulness Exercises.org)

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LESSON RESOURCES



THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

3 MINDFUL BREATHS

EXPLANATION:

THIS ACTIVITY ENGAGES OLDER CHILDREN IN A GUIDED BREATHING PRACTICE IN ORDER TO ENCOURAGE THE CHILDREN TO BE MINDFUL AND ENTER A STATE OF CALM. THIS EXERCISE IS INSPIRED BY THE WORK OF SEAN FARFO - A VIDEO FOR INSPIRATION IS LINKED BELOW.

METHODOLOGY

- THIS ACTIVITY CAN BE TAUGHT AS A WHOLE CLASS LESSON AND BE USED THEREAFTER WITH INDIVIDUAL STUDENTS IF THEY NEED A MINDFUL MOMENT.
- INVITE CHILDREN TO FIND A POSITION THAT IS COMFORTABLE FOR THEM - THIS CAN BE STANDING, SITTING, OR LYING DOWN.
- WHEN THE CHILDREN ARE COMFORTABLE, PLAY SOME QUIET MUSIC, FOR EXAMPLE, THE SOUND OF THE OCEAN WAVES ETC.
- INVITE CHILDREN TO TAKE A LONG, DEEP BREATH. ENCOURAGE THE CHILDREN TO FOCUS ON THE FEELING OF THE BREATH GOING THE WHOLE WAY THROUGH THEIR BODY. AS THE CHILDREN BREATHE OUT, ENCOURAGE THEM TO FOCUS ON THE FEELING OF THE BREATH LEAVING THEIR BODY.
- REPEAT THIS BREATHING TECHNIQUE TWICE MORE, TO TOTAL THREE DEEP BREATHS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

AFTER THE PRACTICE, WE CAN ASK THE CHILDREN HOW THEY FELT AND WHICH WERE THEIR DIFFICULTIES WHILE THEY WERE DOING IT.

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=1U0VQ2K2D8K&T=65](https://www.youtube.com/watch?v=1U0VQ2K2D8K&t=65)

SEAN FARFO

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LESSON RESOURCES

