

Mindful Breathing

Mindful breathing is when we focus our attention on our breathing. The great thing about this, is that it can be done anywhere! This can ease anxiety. Here are some examples of ways you can practice mindful breathing.



Mindful Breathing Wand

1. Take a toilet paper or paper towel roll and cut off the top (about an inch thick) and set aside.
2. Cut a straight line all the way up the remainder of the roll.
3. Use this cut to tighten the roll to roll it thinner and tape on top and bottom to hold it in place.
4. Allow child to decorate the roll with paint, markers, stickers, etc.
5. Tape strands of thin light decorative ribbon or streamers along the inside of the small ring you cut off earlier.
6. Tape the ring on top of the thinner roll to make the wand.
7. BREATHE and notice what you notice.



Shape Breathing—Draw a shape on a piece of paper. While tracing over the shape with your finger take deep breaths in and out.

Bubble Breathing—Imagine you are blowing bubbles, while breathing in and out. (or use real bubbles).

Pulse Breath—Find your pulse on your wrist or neck. Breathe in to four beats and out to six beats six times.

Humming Breath—Take three deep abdominal breaths into the count of four and out to the count of six and hum the out breath. Make the hum soft, loud, and soft again.

Triangle Breath—Breathe in to the count of three and out to the count of tree. Hold the breath out to the count of three times. Now reverse the process, holding the breath in for the count of three times.

Heart Breath - Place your hand on your heart. Feel the warmth from your hand go to your heart. Imagine that you are breathing through your heart. Thank your heart for all the work it does for you every day, asleep or awake. Breathe in to five and out to five five times.

Balloon Breath—Imagine your tummy expanding like a balloon when you breathe in to the count of four and out to the count of six. Feel as if you can fly. Mindful breathing will make you feel as light as a feather.

Book resource used: *Teaching Mindfulness in Schools* by Penny Moon

Website used: www.kristinamarcelli.wordpress.com