

## Lesson Name:

Mindful Breathing

## Student Objectives:

- Students will learn breathing techniques.
- Students will learn to be conscious of their body as they focus on different areas.
- Students will learn to use their breath or a body scan to help regulate any strong feelings to help bring calm.

## Educator Preparation:

- Clean floor.
- Breathing posters (provided in documents).

## Introduction:

In today's lesson, we will learn to pay attention to what our body does when we are breathing. We will also be learning to use our body and breathing to relax and be present.

## Instruction:

Some days things happen and we feel stressed or upset. Maybe we worry about a test we have or an important ballgame or event that we aren't prepared for. Sometimes our feelings of worry can turn our entire day upside down. If you can practice some mindful breathing you can help bring your anxiety levels down.

We know that being anxious and upset can make our entire day not go well. Or, if you are like my daughter, you might feel anxiety before bed. The best thing we can do is take a minute to focus on our breathing and our bodies. When we direct our thinking internally, we can take control of our anxiety and feel calm and focused on the present.

We have everything we need to calm our thinking right within our bodies. My daughter and I practice this body scan each night before bed. It helps her relax and it also brings calm to me.

### Interaction:

We will be practicing some new breathing techniques and will be doing a body scan. Sit on the floor and cross your legs or lay flat on your back. Close your eyes if you are comfortable, and imagine a balloon that is right in front of you. Use your breath to push the balloon slowly. Breath in through your nose and out through your mouth. Now, imagine you need to push the balloon over a tree with your breath. Let the balloon slowly come back to you and catch it with your hands.

If you weren't already laying on your back, please do so now. Tense all of your muscles in your body and hold them. Slowly melt, by letting go of your tension. Then tense up your toes, hold them for a few seconds and slowly let them relax. Wiggle them a bit after they are relaxed. Then move on to the ankles. Point your feet straight down and then slowly release and wiggle them out to relaxed. Move up to calves, quads, belly, sides, neck, arms, hands, fingers. When you have moved throughout the entire body, lay relaxed for a minute and feel how the floor feels under you. Listen, breathe, be mindful of the present. If your mind wanders, tense a muscle or practice a breath to pull yourself back to the moment.

### Closure:

So in today's lesson, we learned how to use our breathing and our bodies to help get rid of our anxiety and stress. Isn't it amazing that we have everything we need to calm ourselves right within our skin?!

### Activity:

I would like for you to fill out your journal to tell how you feel after our exercise today. Tell a time that you think this would be a good thing to practice.