

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

LESSON #:

10

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

