

# 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

LESSON #:

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# LESSON RESOURCES

