

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:

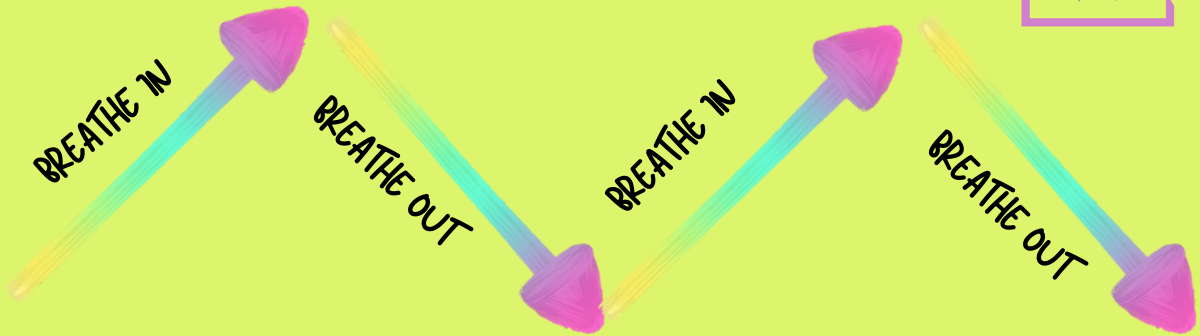
COPING SKILLS FOR KIDS

LESSON #:

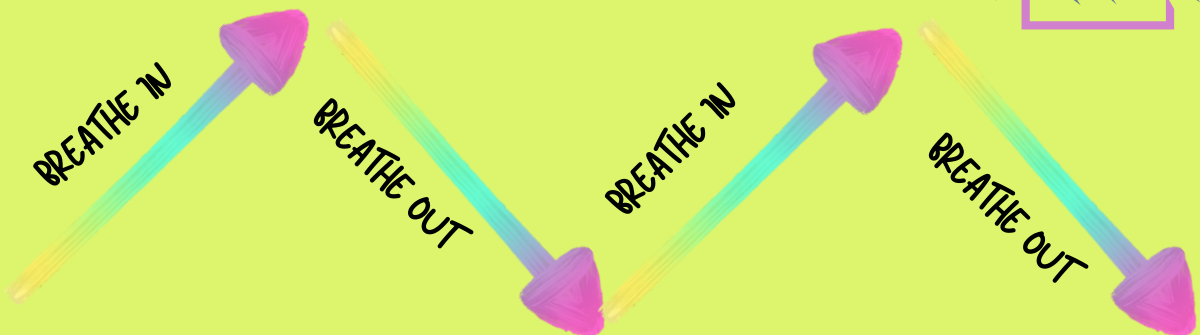
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LESSON RESOURCES

JUST BREATHE



JUST BREATHE



JUST BREATHE

