

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



CONCEPT:

**MINDFUL BREATHING**

EXERCISE NAME:

**AFFECTIONATE BREATHING**

EXPLANATION:

THIS ACTIVITY INVOLVES CHILDREN ENGAGING IN A GUIDED MEDITATION INSPIRED BY THE WORK OF KRISTIN NEFF. THE AIM OF THIS MEDITATION IS TO PRACTICE AFFECTIONATE BREATHING AS A MEANS OF DEVELOPING SELF-COMPASSION

METHODOLOGY

- INVITE CHILDREN TO SIT IN A COMFORTABLE POSITION WITH THEIR HANDS RESTING ON THEIR HEART. EXPLAIN TO THE CHILDREN THAT, UNLIKE OTHER ACTIVITIES WE HAVE DONE, WE ARE NOT ONLY BRINGING AWARENESS TO OUR BREATHING, BUT FOCUSING ON AFFECTIONATE AWARENESS TO OUR BREATHING AND TO OURSELVES.
- ENCOURAGE CHILDREN TO FIND A RYTHM OF BREATHING THAT IS COMFORTABLE FOR THEM, AND SIMPLY BREATHE FOR A FEW SILENT MOMENTS. ENCOURAGE THE CHILDREN TO FOCUS ON LOVE AND KINDNESS TOWARDS THEMSELVES AS THEY INHALE AND EXHALE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID THIS EXERCISE MAKE YOU FEEL? IS IT EASY OR CHALLENGING TO WISH LOVE AND KINDNESS FOR YOURSELF? HOW DOES THIS MAKE YOU FEEL?

REFERENCES:

KRISTIN NEFF  
[HTTPS://MINDFULNESSEXERCISES.COM/DOWNLOADS/AFFECTIONATE-BREATHING/](https://mindfulness Exercises.com/downloads/affectionate-breathing/)

LESSON #:

**13**

# LESSON RESOURCES

