

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

3 MINDFUL BREATHS

EXPLANATION:

THIS ACTIVITY ENGAGES OLDER CHILDREN IN A GUIDED BREATHING PRACTICE IN ORDER TO ENCOURAGE THE CHILDREN TO BE MINDFUL AND ENTER A STATE OF CALM. THIS EXERCISE IS INSPIRED BY THE WORK OF SEAN FARFO - A VIDEO FOR INSPIRATION IS LINKED BELOW.

METHODOLOGY

- THIS ACTIVITY CAN BE TAUGHT AS A WHOLE CLASS LESSON AND BE USED THEREAFTER WITH INDIVIDUAL STUDENTS IF THEY NEED A MINDFUL MOMENT.
- INVITE CHILDREN TO FIND A POSITION THAT IS COMFORTABLE FOR THEM - THIS CAN BE STANDING, SITTING, OR LYING DOWN.
- WHEN THE CHILDREN ARE COMFORTABLE, PLAY SOME QUIET MUSIC, FOR EXAMPLE, THE SOUND OF THE OCEAN WAVES ETC.
- INVITE CHILDREN TO TAKE A LONG, DEEP BREATH. ENCOURAGE THE CHILDREN TO FOCUS ON THE FEELING OF THE BREATH GOING THE WHOLE WAY THROUGH THEIR BODY. AS THE CHILDREN BREATHE OUT, ENCOURAGE THEM TO FOCUS ON THE FEELING OF THE BREATH LEAVING THEIR BODY.
- REPEAT THIS BREATHING TECHNIQUE TWICE MORE, TO TOTAL THREE DEEP BREATHS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

AFTER THE PRACTICE, WE CAN ASK THE CHILDREN HOW THEY FELT AND WHICH WERE THEIR DIFFICULTIES WHILE THEY WERE DOING IT.

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=1UOVQ2K2D8K&T=65](https://www.youtube.com/watch?v=1UOVQ2K2D8K&t=65)

SEAN FARFO

LESSON #:

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LESSON RESOURCES

