

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

DEEP BREATHS - 'JUST BREATHE' CHART

EXPLANATION:

DEEP BREATHS HELPS STUDENTS TO CALM DOWN. THIS VISUAL CAN BE USED TO HELP STUDENTS SLOWLY TAKE DEEP BREATHS. THIS CAN BE USED AS A WHOLE CLASS OR WITH INDIVIDUAL STUDENTS. THIS RESOURCE CAN BE ADDED TO YOUR SAFE PLACE/COZY CORNER/CALM DOWN KIT.

METHODOLOGY:

- CHILDREN CAN USE THIS VISUAL TO FOCUS ON TAKING 5 DEEP BREATHS. IN PREPARATION FOR THIS LESSON, TEACHERS SHOULD CUT OUT EACH BREATH 'TICKET' AND ATTACH A PIECE OF VELCRO.
- STUDENTS CAN USE THIS VISUAL TO PLACE A BREATH 'TICKET' ON TO THE CHART EACH TIME THEY TAKE A DEEP BREATH.
- INVITE CHILDREN TO USE THIS RESOURCE TO TAKE A MOMENT TO HAVE 5 DEEP BREATHS.
- CHILDREN SHOULD BE SITTING UP STRAIGHT, WITH TWO FEET FLAT ON THE GROUND. 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.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL BEFORE YOU TOOK YOUR 5 DEEP BREATHS? HOW DID YOU FEEL AFTER YOU TOOK YOUR 5 DEEP BREATHS? DID THE 'JUST BREATHE' VISUAL HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

LESSON #:

1

LESSON RESOURCES

Just Breathe



1



2



3



4



5

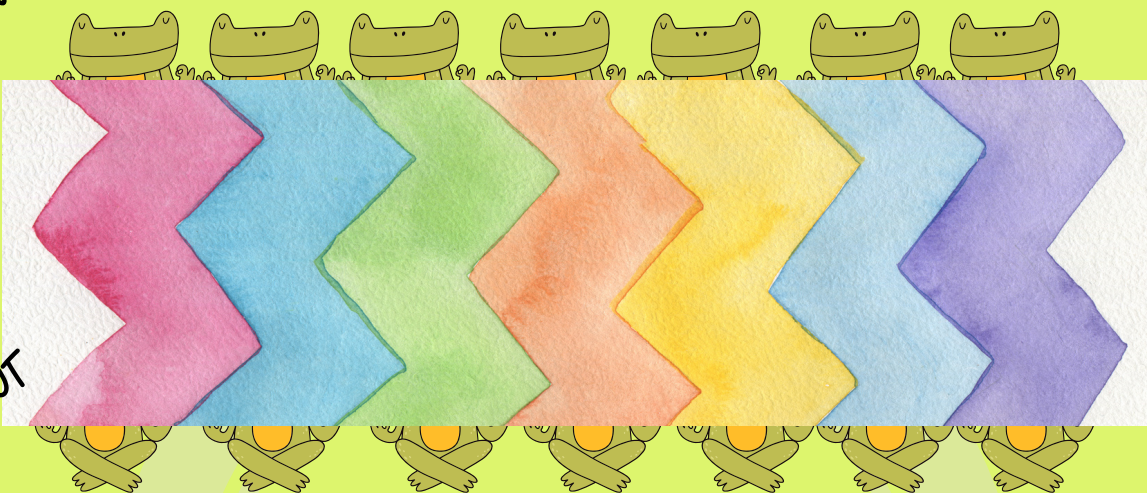
LESSON RESOURCES

Just Breathe

BREATHE IN



BREATHE OUT

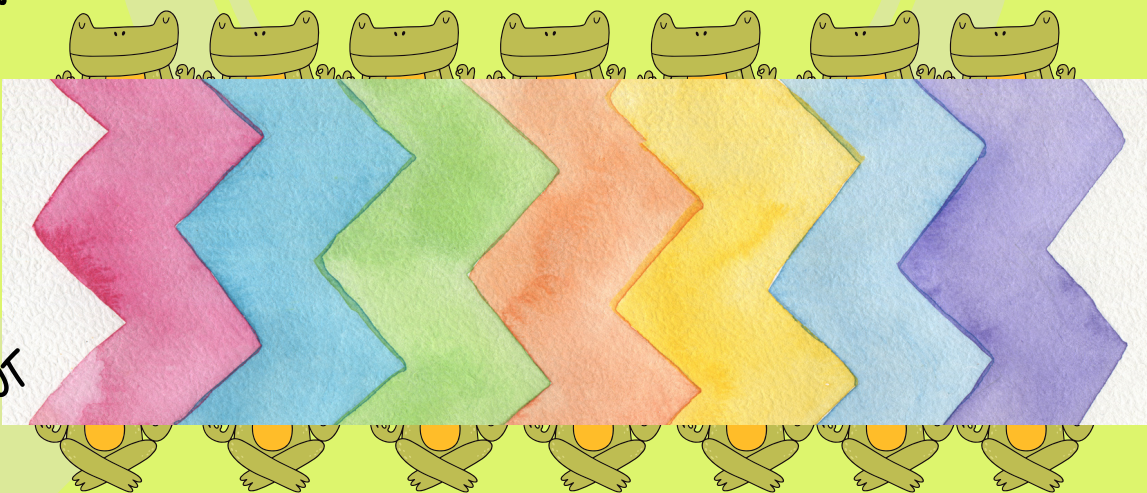


Just Breathe

BREATHE IN



BREATHE OUT



LESSON RESOURCES

