

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE KISSING GAME

EXPLANATION:

THIS ACTIVITY ENCOURAGES YOUNG CHILDREN TO USE THEIR 'KISSING FINGERS' TO HELP THEM TO FOCUS ON THEIR BREATHING

METHODOLOGY

- INVITE CHILDREN TO DRAW A SMILEY FACE ON EACH FINGER OF ONE HAND AS SEEN IN THE IMAGE ON THE FOLLOWING PAGE.
- CHILDREN WILL THEN OPEN THEIR PALM OF THEIR HAND AS THEY INHALE. AS THE CHILDREN EXHALE, INVITE THEM TO PRESS THEIR THUMB AND FIRST FINGER TOGETHER, MAKING THE SMILEY FACES ON THEIR FINGERS KISS. THIS CAN BE REPEATED WITH THE THUMB AND EACH FINGER WITH EACH BREATH WE TAKE.
- CHILDREN CAN BE INVITED TO CLOSE THEIR EYES FOR THIS PRACTICE TO FOCUS THEIR FULL ATTENTION ON THEIR BREATHING.
- FOR A MORE COMPLEX VERSION, INVITE CHILDREN TO USE BOTH HANDS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT WAS THE MOST CHALLENGING PART OF THIS ACTIVITY? DID USING YOUR HANDS HELP YOU TO FOCUS ON YOUR BREATHING? WHEN MIGHT YOU USE THIS ACTIVITY IN THE FUTURE?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8KAODXIKC60](https://www.youtube.com/watch?v=8KAODXIKC60)
FÁTIMA FLORES PÉREZ

LESSON #:

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LESSON RESOURCES



Besos de dedos: juego mindfulness y masaje para niños

