

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE BREATHING ROPE

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY USES A STRING OF 5 BEADS (SEE IMAGE BELOW) TO FOCUS THE MIND ON 5 DEEP BREATHS. IT IS A GOOD ACTIVITY TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING.

METHODOLOGY

- THIS IS A TOOL THAT THE CHILDREN WILL HAVE FOR WHEN THEY NEED TO USE IT INDEPENDENTLY. THEY CAN PLACE IT IN THEIR PENCIL CASE OR IN THEIR PERSONAL BOX. IT IS A SMALL ROPE THAT HAS 5 WOODEN PIECES/BEADS, AND THESE PIECES CAN MOVE ALONG THE ROPE.
- THE FIRST AND LAST BEAD ARE A DIFFERENT COLOUR TO THE MIDDLE THREE BEADS. THE FIRST AND LAST BEAD REPRESENT BREATHS WHICH WE INHALE FOR 3 SECONDS AND EXHALE FOR THREE SECONDS. THE MIDDLE THREE BEADS REPRESENT AN INHALE FOR TWO SECONDS FOLLOWED BY AN EXHALE FOR TWO SECONDS.
- EACH TIME THE CHILDREN TAKE A BREATH, THEY CAN MOVE THE BEAD TO THE OTHER SIDE OF THE ROPE. WHEN THE TIME IS UP, ALL 5 BEADS WILL BE ON THE OTHER SIDE OF THE ROPE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID THE BREATHING BEADS HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

FÁTIMA FLORES PÉREZ

LESSON #:

7

LESSON RESOURCES

