

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

BLOW OUT THE BIRTHDAY CANDLES

EXPLANATION:

THIS ACTIVITY WORKS WELL FOR BREATHING EXERCISES WITH YOUNG CHILDREN WHO HAVE JUST STARTED PRACTICING MINDFULNESS. THIS ACTIVITY IS A GOOD EXERCISE TO FIND A MOMENT OF CALM AND JUST THINK ABOUT OUR BODY WHILE WE ARE BREATHING. CHILDREN WILL PRETEND TO BLOW OUT CANDLES ON A BIRTHDAY CAKE WITH EACH BREATH THEY TAKE.

METHODOLOGY

- INVITE THE CHILDREN TO SPREAD THEIR PALM OUT IN FRONT OF THEM AND PRETEND EACH FINGER IS A BIRTHDAY CANDLE.
- INHALE A DEEP BREATH AND WITH A SLOW EXHALE, BLOW OUT THE BIRTHDAY CANDLES ONE BY ONE - SLOWLY LOWERING ONE FINGER DOWN AT A TIME WHILE YOU EXHALE.
- REPEAT ON THE OTHER HAND.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL AFTER YOUR 5 BREATHS? DID PRETENDING TO BLOW OUT THE BIRTHDAY CANDLES HELP YOU TO CONCENTRATE ON YOUR BREATHING?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WAJIU-FSK80](https://www.youtube.com/watch?v=WAJIU-FSK80)
ACTIONFORHEALTHYKIDS.ORG

LESSON #:

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LESSON RESOURCES



Candle Breathing

