

# THE MINDFUL SCHOOL

## Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

BELLY BUDDIES

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 USE A SMALL TEDDY ON THEIR TUMMY TO HELP THEM VISUALISE THE PHYSICAL CHANGES IN THE BODY WHEN INHALING AND EXHALING.

METHODOLOGY

- INVITE CHILDREN TO BRING IN A SMALL STUFFED TOY, OR PROVIDE A CLASS SET OF SMALL, LIGHT-WEIGHT OBJECTS SUCH AS SMALL BEAN BAGS OR WOODEN BLOCKS.
- STUDENTS WILL LAY ON THEIR BACKS AND PLACE THE TOY OR OBJECT ON TOP OF THEIR BELLY BUTTONS.
- TAKE STUDENTS THROUGH A GUIDED BREATHING ACTIVITY - INHALING FOR 5 SECONDS AND EXHALING FOR 5 SECONDS REPEATEDLY, ASKING THEM TO WATCH THE OBJECT AS IT MOVES UP AND DOWN WITH THEIR BREATH AS THEIR STOMACH INFLATES AND DEFLATES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU NOTICE ABOUT THE TEDDY? DID THE TEDDY MOVE WHEN YOU TOOK A DEEP BREATH?

REFERENCES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=V6BEI3THPOQ](https://www.youtube.com/watch?v=v6BEI3THPOQ)  
AMBER OWEN

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# LESSON RESOURCES

