

MINDFULNESS FOR ALL GRADES

FIND A BREATHING EXERCISE THAT WORKS WELL FOR YOU

Basic Breathing

Breathe in through your nose like you're smelling a flower and hold 1,2,3,4. Breathe out like you are blowing out birthday candles for 1,2,3,4.

Triangle Breathing

Trace a triangle. Breathe in for a count of 3 on the first side, hold for three on the second side and breathe out for 3 on the third side.

Balloon Breathing

Place your hand on your abdomen and imagine it is a balloon. Breathe in through your nose and feel your 'balloon' fill up for 1,2,3,4. Breathe out through your mouth and feel your 'balloon' deflate for 1,2,3,4.

Take 5 Breathing

Stretch one hand like a star. Take your pointer finger on your opposite hand and trace up and down your fingers. Breathe in as you go up and breathe out as you go down.

Lazy 8 Breathing

Trace a figure 8 on a piece of paper or imagine an 8 in the air, and breathe in to the left and out to the right.