



# Mindfulness Breathing

## Aim

To introduce students to mindfulness breathing as a effective tool for calming the mind and reducing stress.

## Facilitator Resources

Facilitator script

## Student Resources

Journal

## Activity

- The Facilitator passes out a stone to each student.
- Students can sit at their desks or tables, or they can create a sitting circle on the floor.
- The Facilitator reads the script below, while students follow the instructions.
- **Optional:** Have student pick a stone in school field, bring from home, etc.

## Facilitator Script

- Today we are going to practice mindfulness breathing.
- Mindfulness breathing is an effective tool for calming the mind and reducing stress.
- Find a comfortable place to sit; lower your eyes to the floor in front of you (you may close your eyes if you prefer).
- Sit in a way that air can flow freely throughout your body with your back straight.
- Hold your stone (if applicable) in one hand and feel the smooth surface of the stone with your other hand as we practice our mindfulness breathing.
- Now, let's bring our attention to our breath.
- Notice where your breath first makes contact with your body, either through the nose or the mouth.
- Use your mind's eye to watch the breath go down, through the nose, through the airway, into the lungs, and then up from the lungs, through the body, and out the mouth.
- Some people like to count IN to a count of four (1,2,3,4) and OUT to a count of four (1,2,3,4).