

Mindful Minute – Mindful Breathing (Work up to 1 minute)

Script

1. Get into a mindful body.
2. Let your eyes close.
3. Bring your hand to your anchor spot.
4. Pay attention to your breath. Notice the movement at your anchor spot as you breathe in and out.
5. (Work up to one minute.)
6. <Ring chime to conclude>

Discussion Questions (pick 1-2 per day)

- Notice how your body feels right now. (Allow them to share.)
- How does it feel to focus on your breath? (Still, quiet, calm, happy, etc.)
 - Point out common feelings, or allow students to raise their hand, touch their head if they agree.
 - Point out that students become calm/relaxed/happy in just a few seconds.
- When you breathe, where do you feel it in your body?
- When do you think you can try mindful breathing again today?
- If you were to choose the best place to practice mindfulness outside of the classroom, where would you choose?
- How can mindful breathing help us?
- Was there anything that surprised you about mindful breathing today?
- How could mindful breathing influence our classroom?
- Does your body feel different when you practice mindfulness? How?

Optional activities:

- Challenge students to try mindful breathing sometime between now and the next mindful minute.
- Since you are always breathing, you can try this anytime
 - sitting at your desk,
 - walking in the hallway,
 - at recess,
 - before you go to sleep at night.
- Ask students to raise their hands if it is sometimes difficult for them to fall asleep at night. Encourage them to practice mindful breathing to see if it helps them fall asleep.
- (Sometimes students get bored with just breathing. You can try this in order to change the way they are paying attention to their breath.) **“Do you remember how we’ve noticed that our attention wanders during mindful breathing sometimes? Today we are going to try a challenge. I want you to count your breaths silently as we practice mindful breathing. The first time you breathe in you will say “one.” When you breathe out you will say “two,” and so on. So, the challenge is that any time you notice your thoughts wander away from your breath, you start counting at one again.”**
- Challenge students to teach anchor spot and mindful breathing to a family member at home. Journal or share how it went the next day in class for Mindful Minute.