



BACK-TO-BACK BREATHING

Purpose & Focus

Helps participants build self-regulating and connecting skills

Participants

Any even number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

No materials required.

Method

- Have participants find a partner and sit with their back resting against their partner's back.
- Ask the participants to sit up straight, be still and silent.
- Instruct the participants to soften their breath and shut their eyes.
- Ask the participants to take three slow, deep breaths in and out
- Count out loud "1, 2, 3" during each breath in and "1, 2, 3" during each breath out. Pause slightly at the end of each exhale.

Continue for 3 to 5 minutes.

Discussion

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?



MINDFUL EATING

PURPOSE & FOCUS

Helps participants build self-regulating and mindfulness skills

PARTICIPANTS

Any number of participants.

TIME ALLOTMENT

5 minutes

ACTIVITY LEVEL

Low

MATERIALS

Small pieces of allergy-friendly food such as chocolate or fruit

METHOD

- Have the participants sit straight and still. Ask them to close their eyes or look downwards.
- Ask the participants to take three slow, deep breaths in and out.
- Have the participants hold the food up to their nose and take a deep breath in. Ask them to notice the smell and how the smell makes them feel.
- Before taking a small bite of the food, ask the participants to notice which muscles in their mouth, neck and body move as they eat.
- Next, ask the participants to take a small bite of the food and let it sit in their mouth awhile before they swallow it.
- Continue eating your food slowly and mindfully, pausing between bites.

DISCUSSION

- What is the taste like? Is it sweet or savory?
 - What does the food feel like on your tongue?
 - Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
 - Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?
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SUPER SENSES

PURPOSE & FOCUS

Helps participants build self-regulating and mindfulness skills

PARTICIPANTS

Any even number of participants.

TIME ALLOTMENT

5 minutes

ACTIVITY LEVEL

Low

MATERIALS

No materials required

METHOD

- Have the participants sit straight and still. Ask them to close their eyes or look downwards.
- Have the participants sit straight and still. Ask them to close their eyes or look downwards.
- Ask the participants to take three deep breaths in and out. Then, open their eyes.
- Ask the participants to turn up' their senses to a superhuman level. Tell the participants that they will begin to see, hear, smell, taste and feel more than an ordinary human being.
- Ask the participants to focus on what they can hear and to listen intently to the sounds around them, beyond the space they are sitting in now and out in the wider world.
- Prompt participants to notice what they can feel, such as the weight of their body on the chair, or their feet in your shoes, or the temperature of the air.

DISCUSSION

- Ask participants to think about what they can see and to pay attention to tiny details that they may not usually see, like the slightly curled edge of a piece of paper or a speck of dust on a table.
- Ask the participants to think about what they can taste? Is their mouth dry? Is their tongue relaxed?
- What can they smell? Is there a strong or subtle smell in the air?
- Instruct the participants to keep their super senses switched on until instructed to stop.

Continue for 3 to 5 minutes.



HEARTBEAT

PURPOSE & FOCUS

Helps participants build self-regulating and mindfulness skills

PARTICIPANTS

Any even number of participants.

TIME ALLOTMENT

5 minutes

ACTIVITY LEVEL

Low

MATERIALS

No materials required

METHOD

- Ask the participants to sit straight and still. Instruct participants to close their eyes or look downward.
 - Have participants take three deep breaths in and out.
 - Ask participants to place their fingers or hands over the part of your body where they can best feel their pulse (or heartbeat):
 - on the side of their neck, under their jaw
 - inside their wrist
 - over their heart.
 - Ask participants to notice how quickly or slowly their heart is beating.
 - Ask participants to think about their current feelings.

Discussion: Ask the participants if they think this feeling is connected to how quickly or slowly their heart is beating?
 - Ask the participants to stand up and jump and down twenty times, then sit down and find their heartbeat again.

Discussion: Ask the participants what changes they noticed. Are their hearts beating faster or slower than they expected?

Discussion: Ask the participants if they notice any change in their breath.
 - Have participants close their eyes and focus on their heartbeat until it slows down again. Continue for 3 to 5 minutes
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