



# HEARTBEAT

## *Purpose & Focus*

Helps participants build self-regulating and mindfulness skills

## *Participants*

Any even number of participants.

## *Time Allotment*

5 – 15 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