



# PINWHEEL BREATHING

## *Purpose & Focus*

Helps participants build focus skills

## *Participants*

Any number of participants.

## *Time Allotment*

5 – 15 Minutes

## *Activity Level*

Low

## *Materials*

- A pinwheel for each participant

## *Method*

- Sitting or standing, have participants hold their pinwheel in front of them. Ask the participants to focus their attention on the pinwheel.
- Ask the participants to take a deep breath in through their nose and breathe out gently through their mouth and see if they can make their pinwheel spin.
- As the participants to county in their minds as then breath. Count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out and pause slightly at the end of each exhale.
- Have participants continue for 2 to 3 minutes

## *Discussion*

- Is the pinwheel moving quickly or slowly?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your mouth?
- Can you hear your breath?
- How does the handle of the pinwheel feel against the skin of your palm?