



MINDFUL BREATHING

Purpose & Focus

Helps participants build focus skills.

Participants

Any number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

No materials required

Method

- Lie on your back with your legs flat on the floor and your arms by your sides. If you like, you can close your eyes. Feel the back of your head touching the floor. Now feel your shoulders, your upper back, your arms, your hands, your lower back, your legs, and your feet touching the floor.
- Notice what it feels like to breathe in and out. There's no right or wrong way to breathe. It doesn't matter if your breathing is fast or slow, deep or shallow.
- Pay close attention to your in-breath. Can you notice when you first start to breathe in and then follow the feeling of your in-breath all the way to the very first moment of your out-breath? If it's hard to keep your mind on your in-breath, silently say the word in every time you breathe in. Let the participants practice this for a minute or two.
- Can you notice when you first begin to breathe out and then follow the feeling of your out-breath all the way to the very first moment of your in-breath? If it's hard to keep your mind on your out-breath, silently say the word out every time you breathe out. Let the participants practice this for a few breaths.
- Let's put it together and pay attention to an entire breath, carefully following every moment. If it's hard to keep your mind on your breathing, silently say the word in every time you breathe in and the word out every time you breathe out. Let the participants practice this for a few breaths.
- When you're ready, open your eyes and sit up slowly. Take a breath and notice how you feel.

Discussion

- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath? What does it sound like?