



MINDFULNESS

# 20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

## Mindful Breathing

Sponsored by Premier Education

**Overview:** This simple but powerful act works on its own as well as an introduction to calmer activities.

**Time:** 5-10 minutes.

**Equipment required:** An open space, mats or cushions, meditation music.

### Benefits:

- Promotes relaxation for the body as well as rest for the mind.
- Enhances cognitive functioning (including memory, concentration and performance).
- Improves emotional regulation.

### Preparation:

1. Ask all the children to be spaced out throughout the room and get themselves in a comfortable position. They can either be laying on their back or sat up with their legs crossed.
2. Put on some ambiance/meditation music and encourage all the children to take a moment to be quiet and relaxed.
3. Dim the lights and cover the windows - warn them before you do to prevent them getting to excited!
4. Explain that breathing is important for our mind and emotions, and that controlled breathing can keep us calm.

### The exercise:

1. Begin the breathing by asking them to breathe slowly and deeply. Deep breath in, slow breath out.
2. Ask them to put a hand on their belly. They'll be able to feel the rise and the fall of their breath.
3. After five breaths, guide them to any thoughts and feelings they have.
4. Ask them to imagine that the thoughts and feelings are bubbles, floating away with each breath.
5. Allow them to stay like this for as long as is right, repeating the cues to feel each breath and let go of their thoughts.