

Nourishing breaths

Recommended for grades:

K4 - 8th grade

Practice description:

This breathing practice is designed to help pause and ground ourselves. When we pay attention to our breath, we often feel more calm and less stressed. It is a way of resetting or re-centering our emotions.

Transcript:

Welcome to the Nourishing Breaths exercise.

Let's start by getting into a mindful position with both feet on the floor or in your chair. Sit with a long straight back and allow your hands to rest in your lap.

- *Pause for 2 seconds*

Try softening your eyes and turning your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 4 seconds*

Take a few slow, easy breaths, and bring a kind attention to yourself.

- *Pause for 2 seconds*

Try noticing your breath flowing in and flowing out.

- *Pause for 10 seconds*

When you are ready bring your attention to your nose. You may hold your hand under it to better feel the air moving in and out.

- *Pause for 5 seconds*

Can you feel it? Is it warm or cold?

- *Pause for 5 seconds*

Now bring your attention to your chest. You can put your hand on your chest to feel it rise and fall with your breath.

- *Pause for 5 seconds*

Notice if your breathing is smooth or uneven. Or if you can feel your chest rising and falling.

- *Pause 5 seconds*

Bring your attention to your belly. As you breathe in you may want to place your hand there.

- *Pause 5 seconds*

Can you feel your belly expanding like a balloon as you breathe in and getting smaller as you breathe out?

- *Pause 5 seconds*

Now try to notice where you felt your breath the best. See if you can pay attention to your breath.

- *Pause for 20 seconds*

By simply bringing your kind and curious attention to the feelings of your own breath as you breathe in and out you may notice your body relax and feel calmer.