

Mindful Breathing

Mindful breathing is a simple mindfulness activity that encourages students to focus on the sensations of their breathing. There are multiple variations of this activity that can be adapted to many grade levels. As part of the .b Mindfulness in Schools project, students are encouraged to practice 7/11 breathing, in which they count to seven while inhaling and to eleven while exhaling (TEDx Talks, 2013). For young students, Kira Willey recommends having them imagine they are a bear during hibernation, taking long, deep breaths in and out through their nose (TEDx Talks, 2018). The Greater Good Science Center, at the University of California-Berkeley, recommends having students trace their fingers while breathing, inhaling while tracing UP each finger, and exhaling as they trace DOWN it (Greater Good in Education, n.d.). The videos below, created by Headspace and Sesame Street include a few additional suggestions and guided mindful breathing exercises.



Watch on YouTube <https://edtechbooks.org/-LJvG>



Watch on YouTube <https://edtechbooks.org-mup>

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| Grade Level: | All |
| Materials: | None |
| Duration: | 5 minutes daily, or as needed. |
| Implementation: | <ol style="list-style-type: none">1. Have students find a comfortable, relaxed sitting position2. Direct students to take slow, deep breaths.3. Have students begin focusing on the sensations of their breath, in the abdomen, chest, throat, or nose.4. If students' attention begins to wander instruct them to gently return their focus back to their breathing5. You may also have students count to a number (such as four or seven) while inhaling and repeat with exhaling.6. Continue silent breathing for about 5 minutes. |

References:

Greater Good in Education. (n.d.). *Finger tracing: Mindful breathing for students*. Greater Good Science Center: University of California- Berkeley. <https://edtechbooks.org-hZZUS>

TEDx Talks. (2013, February 14). Mindfulness in schools: Richard Burnett at TEDxWhitechapel [Video]. YouTube. <https://edtechbooks.org-mpD>

TEDx Talks. (2018, January 10). Bite-sized mindfulness: An easy way for kids to be happy and healthy - Kira Willey TEDxLehighRiver [Video]. YouTube. <https://edtechbooks.org-GKcC>

ADDRESSING
WELLBEING
IN SCHOOLS

*An Educator's Practical Guide to Improving
Wellbeing*

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Fawson, S., Bates, M., & Boren, D. M. (n.d.). *Addressing Wellbeing In Schools*. EdTech Books. https://edtechbooks.org/addressing_wellbeing