

Blow it Away

How does it help students?

- This activity engages students by using both creative visualization and deep breaths to encourage a sense of release and letting go of anxiety.

What will we need?

- Nothing!

How do we do it?

- Sit quietly in a comfortable position. Cup your hands in front of you in a bowl-shape.
- Take a moment to visualize anything that is causing you to feel upset or worried. Imagine that nagging element sitting in the bowl of your hands.
- Inhale slowly and deeply through your nose.
- As you exhale, blow into your hands to set your worry into flight, away from your body where it can harm you. Practice this several times, experimenting with both long, slow exhales as well as short, strong exhales. Consider which feels the best to you at this time.
- Complete the activity by sitting still and quiet for a few more moments. Take note of how your body feels now that you've set your worry free.

Additional Notes:

- Native American flute music nicely accompanies this activity.

Source: Roberts, L. (2014). *Breathe, chill*. Charleston, SC: CreateSpace Independent Publishing.