

## **Breathing Beads**

### **How does it help students?**

- These beads serve as a physical reminder for students to remember to breathe & be grateful, thus encouraging maintenance of a calm, positive state of mind.

### **What will we need?**

- Elastic string
- At least 3 different colors of beads
- Scissors

### **How do we do it?**

- Cut a piece of elastic string long enough to loosely wrap around your wrist. Choose 3 colors of beads: one to represent the inhale breath, one to represent the exhale, and one to represent gratitude. String the beads so that the 3-color pattern repeats several times.
- Now practice using your breathing beads! Touching the “inhale” bead, you slowly breathe in. Moving your fingers to the “exhale” bead, you breathe out. Next, place your fingers on the “gratitude” and finish the statement “I am grateful for...”
- Pull out your beads and breathe when and wherever you need to!

**Source:** Adapted from Roberts, L. (2016). Breathing beads [website]. Retrieved from <http://yoyoyogaschool.com/breathing-beads>