

Mindful Breathing

How does it help students?

1. Learn to focus
2. Calm down (sympathetic nervous system hyperactivity)
3. Reduces stress

What do I need?

Nothing for this activity.

How do we do it?

- Start by breathing in and out slowly. One breath cycle should last for approximately 10 seconds.
- Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
- Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
- Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
- Then watch with your awareness as it works work its way up and out of your mouth and its energy dissipates into the world.