

Pinwheel breathing- Elementary Level

<https://www.teachstarter.com/blog/classroom-mindfulness-activities-for-children/>

How does it help students?

This exercise teaches focus as well as mindful breathing, it also implements mindful coloring.

What do I need?

- Use this link for a free pinwheel template: https://www-tc.pbs.org/parents/curiousgeorge/activities/pdf/cc_pinwheel_bw.pdf
- Scissors
- Coloring Utensils
- A pen, pencil, or straw
- A pushpin

Step By Step:

1. Print out the pinwheel templates
2. Read the directions to students and provide coloring utensils (crayons, markers, colored pencils)
3. Have them construct the pinwheels when their done coloring
4. Once they are all done do a “deep breathing exercise”- similar to the method of Breathing Buddies
5. As the children exhale have them blow into the pinwheel and watch it spin
6. Ask a series of questions to keep the children engaged during the activity
 - a. What do you feel? Why is the pinwheel moving? Is it going fast or slow? Why is it stopping? How does your breathing affect the pinwheel?
 - b. Feel free to ask whatever questions you think will direct their thinking towards being aware of their actions and their impact on the pinwheel, the goal is to help the children be aware of the present moment and their involvement in it.