Nourishing Breaths

Practice Description: This simple and gentle practice of feeling our breath as it flows through our bodies can train our minds to focus better and to help us calm down or relax when we are feeling sad, angry, upset, or hyper.

Age Group: 3-5 Grade

Welcome to the Nourishing Breaths exercise.
Let's start by getting into a mindful position, on the floor or in your chair. Sit with a long, strong back and allow your hands to rest in your lap. Try softening your eyes and turning your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.
Take a few slow, easy breaths and bring your kind and gentle attention to yourself.
Try noticing your breath flowing in and flowing out. See if you can feel its natural rhythm.
When you are ready, bring your attention to your nose. You m ay hold your hand under it to better feel the air moving in and moving out. Can you feel it? Is it warm or cold?
Pause for 12 seconds
Now, bring your attention to your chest. You can put your hand on your chest to feel it rise and fall with your breath.
Pause for 12 seconds
Notice if your breathing is smooth or uneven or if you can feel your chest rising and falling.
Bring your attention to your belly. As you breathe, you may want to place your hand there.
Pause for 12 seconds
Can you feel your belly expanding like a balloon as you breathe in and getting smaller as you breathe out?
Pause for 12 seconds
Now try to notice where you felt your breath the best. Was it in your nose… your chest… or your belly?
Wherever that is, you can call that your "anchor". See whether you can pay attention to your breath at your anchor. The chime will ring at one minute.
Pause for 60 seconds
By simply bringing your kind and curious attention to the feelings of your own breath as you breathe in and breathe out, you may notice your body relax and you feel calmer.
When you are ready, gently release your breath, open your eyes and bring your focus back to the room around you.