



Mindfulness & Deep Breathing Practice

SLCSD Elementary Lesson at Home with Student & Family

Materials Needed: Dice to roll, pen, and paper.

Discussion: Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes. Mindfulness is a good thing. Mindfulness is awareness that arises through paying attention--on purpose--in the present moment, non-judgmentally.

Deep breathing is a great first step to teach youngsters to be more calm and relaxed. When your breathing is calm your thinking is clearer, your muscles are more relaxed, and your heart rate (returns) to normal. Deep breathing flips an internal switch inside our bodies that helps unlock higher levels of thinking.

Task: Write the following on a piece of paper or print this page. Take turns as a family rolling a die and then collectively practice what's on the number below. You may play as many rounds as are helpful.

1. **Smell the Soup. Cool Down the Soup.**
2. **Twice take a deep breath in, pretend to blow out a big gentle bubble.**
3. **Breathe in calming blues, breathe out turbulent grays.**
4. **Four times, inhale while thinking "RE," and exhale slowly thinking "LAX." ... "RE--LAX".**
5. **Turn your 5 fingers into pretend birthday candles, tenderly blow each one out.**
6. **6 times inhale gently through your nose, then exhale through your mouth with a "whoosh" sound.**

Family Discussion Afterward:

- What one was your favorite method?
- How does your mind feel now? How does your body feel now?
- Are there other unique ways we can visualize deep breathing?
- What surprised you about this practice?
- When's a good time for us to try this again together?