Nourishing Breaths

Recommended for Grades:

6-12th grade

Practice Description: This breathing practice is designed to help pause and ground ourselves. When we pay attention to our breath, we often feel calmer and less stressed. It is a way of resetting or re-centering our emotions.

Transcript:

Welcome to the nourishing breaths exercise.

Let's start by getting into a mindful position with both feet on the floor or in your chair. Sit with a long strong back and allow your hands to rest in your lap.

- *Pause for 2 seconds*

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.

- *Pause for 4 seconds*

Take a few slow, easy breaths and bring a kind attention to yourself.

- *Pause for 2 seconds*

Try noticing your breath flowing in and flowing out. See if you can find its natural rhythm.

- *Pause for 10 seconds*

When you are ready, bring your attention to your nose. You may hold your hand under it to better feel the air moving in and out.

- *Pause for 5 seconds*

Can you feel it? Is it warm or cold?

- *Pause for 5 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 5 seconds*

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Notice if your breathing is smooth or uneven. Or if you can feel your chest rising and falling.

- *Pause 5 seconds*

Bring your attention to your belly. As you breath in you may want to place your hand there.

- *Pause 5 seconds*

Can you feel your belly expanding like a balloon as you breathe in and getting smaller as you breathe out?

- *Pause 5 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. This is the place to bring your attention when your mind naturally waders and thinks of things other than your breathing. See if you can pay attention to your breath at your anchor.

- *Pause for 20 seconds*
- Chime sounds

By simply bringing your kind and curious attention to the feelings of your own breath as you breathe in and out you may notice your body relax and feel calmer. When you are ready, gently release your breath, open your eyes and bring your attention back to the room around you.

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