

Learning Activity 1

Review a Mindful Minute and Better Breathing

Time (minutes)
4

Organization
Students seated in the instructional area.

Activity Progression:

Have students to practice Better Breathing and a Mindful Minute for 60 seconds.

Review respect and what it means.

Example script:

“Let’s practice Better Breathing. Remember when we do our Better Breathing we are going to take a deep breath in so that it fills our lungs up so much our belly pokes out almost like you are filling up a balloon with air and then we will breathe out SLOWLY and QUIETLY. Ready? Let’s breathe in nice and deep [Count to 4 as students breath in] and now let’s breathe out SLOWLY and QUIETLY [count to 4 as students breathe out]. Good I can tell we are getting better at Better Breathing! Now let’s take a moment to do a Mindful Minute. We are going to do a Mindful Minute for 60 seconds today! Alright, everyone let’s close our eyes and start our Mindful Minute- remember we are focusing on what we notice around us. [Time 60 seconds and allow students to perform a Mindful Minute] Nice job! I feel relaxed and ready to participate in today’s lesson. Someone tell me when a good time is to use Better Breathing or a Mindful Minute?”

“Excellent! Yes, we can use a Mindful Minute or Better Breathing when we are feeling upset and need to calm down, when we are scared, or just need to relax. Last lesson we talked about respect. What does respect mean? [Take answers from students.] Respect means that you are kind enough to think about others’ feelings before you act. A simple way to be respectful is to treat others the way you would want to be treated. Remember mindful means paying full attention to what you are doing. Being respectful makes us kind and makes us mindful because we are paying attention to what we are doing to consider how someone else feels. Today we are going to work on teamwork. What does teamwork mean? [Take responses from students] Teamwork means that we work together to achieve a goal. During teamwork it’s important to be respectful. We are going to do an activity to practice teamwork.”

Cues:

- Mindfulness (or Self-Awareness)
 - Paying full attention
 - Slowing down to notice what you’re doing
 - Focused and relaxed
- Mindful Minute
 - Closing your eyes
 - Focus on breathing
 - Noticing what is around you
 - Takes practice – it’s okay for the mind to wander; bring your mind back to your breathing
- Better Breathing
 - Take a deep breath in so deep your stomach pokes out
 - Breathe in on a count of 4 slowly and deeply
 - Breathe out to a count of 4 slowly and quietly

Modifications/Differentiation:

- Allow students the option to sit or lay quietly, walk around the room quietly or use a fidget quietly.
- Smell the Flower or Blow Out the Candle is another method to teach deep breathing.
- Have students imagine there is a balloon in their belly.

Checks for Understanding:

- When is a good time to use Better Breathing or a Mindful Minute?