

Learning Activity 1

Review a Mindful Minute and Better Breathing

Time (minutes)
4

Organization
Students seated in the instructional area.

Activity Progression:

Have students rate their current mood using the emoji rating scale.

Have students to practice Better Breathing and a Mindful Minute for 40 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 stomach 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 breathe 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 40 seconds today! We are working our way up to 60 seconds, which is a full minute. Alright, everyone let’s close our eyes and start our Mindful Minute. Remember, we are focusing on what we notice around us that we can hear. [Time 40 seconds and allow students to perform a Mindful Minute] Nice job! I feel relaxed and ready to participate in today’s lesson. Can someone tell me when a good time is to use Better Breathing or a Mindful Minute?” [Take responses from students.] ”

“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 when we just need to relax. In the 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, being 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
 - 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.
- Use Smell the Flower and Blow Out the Candle as another method to teach deep breathing.
- Have students imagine there is a balloon in their stomach.
- Use number cards with the numbers: 1,2,3,4 to help students pace themselves with the visual.
- Blow up a balloon with air and use it to demonstrate filling up and blowing out slowly.
- Allow students with sensory needs to wear a weighted vest, weighted blanket or go under a small parachute.

Checks for Understanding:

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