



### INSTRUCTIONS

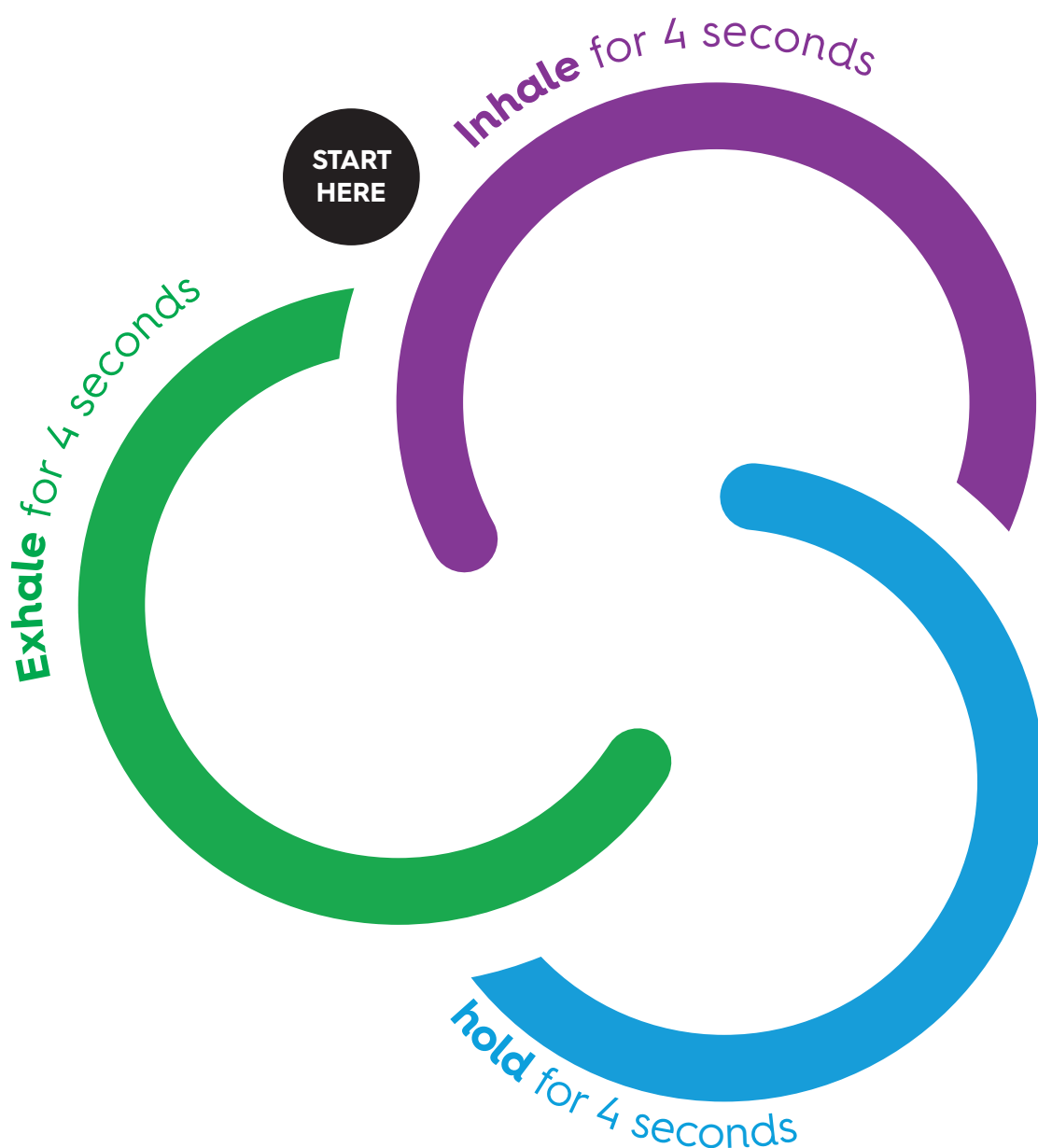
# Mindful breathing

**Smiling Mind recommends school students have 1 x 30-45 minute teaching session (educational material, class discussion, and active learning about the concepts of mindfulness) per week as well as mindfulness meditation practices between 5-10 minutes at least 4 days per week.**

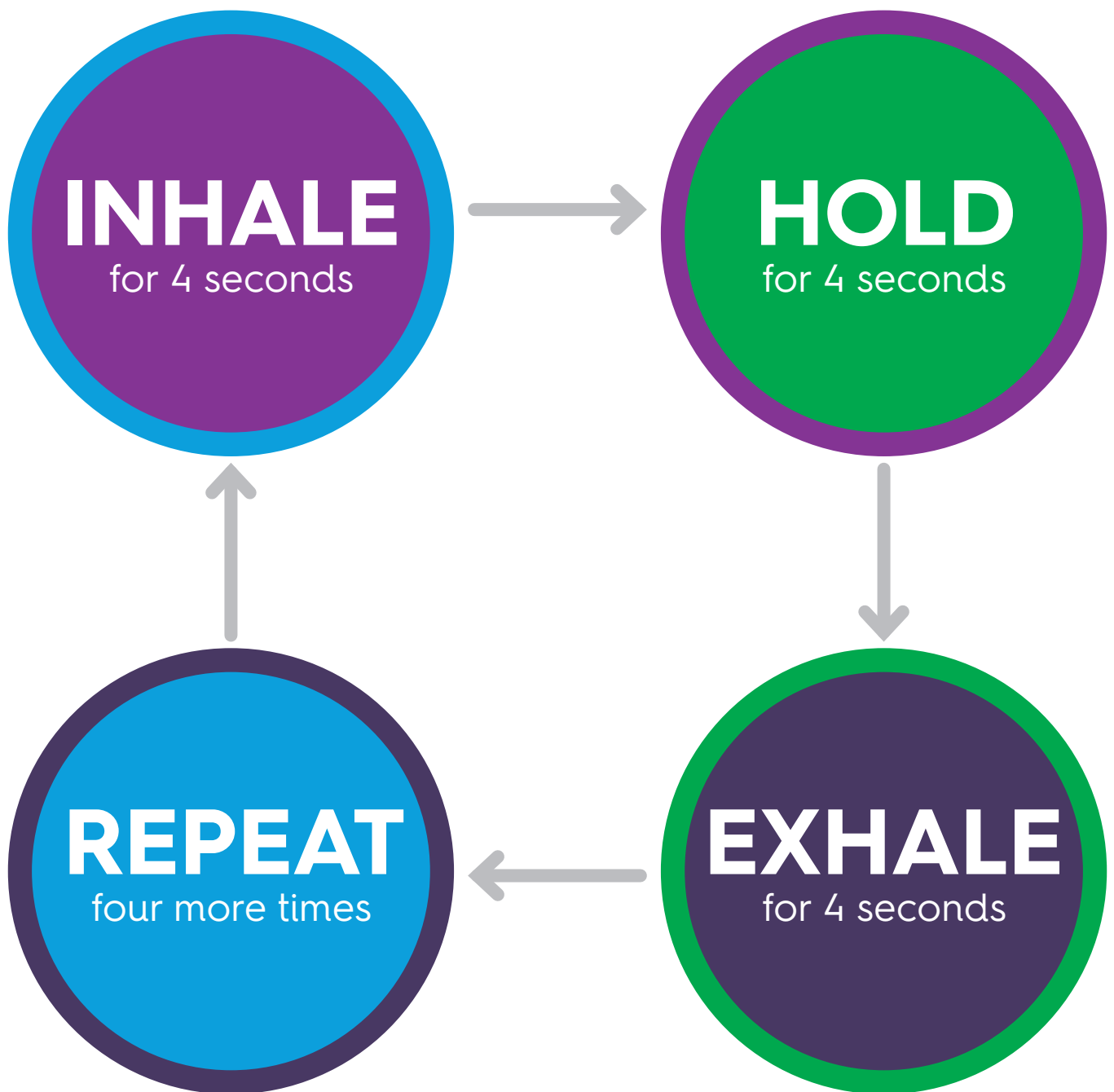
In addition, a study out of Stanford University has found the practice of taking a few, slow, deep breaths can significantly reduce children's physiological arousal. They recommend the use of resources like videos to help kids learn the technique.

This document provides classroom teachers with a suite of 1-minute breathing exercises that can be used during mindfulness practices. These breathing exercises are best done with a quiet and calm classroom at a time when you don't expect interruptions.

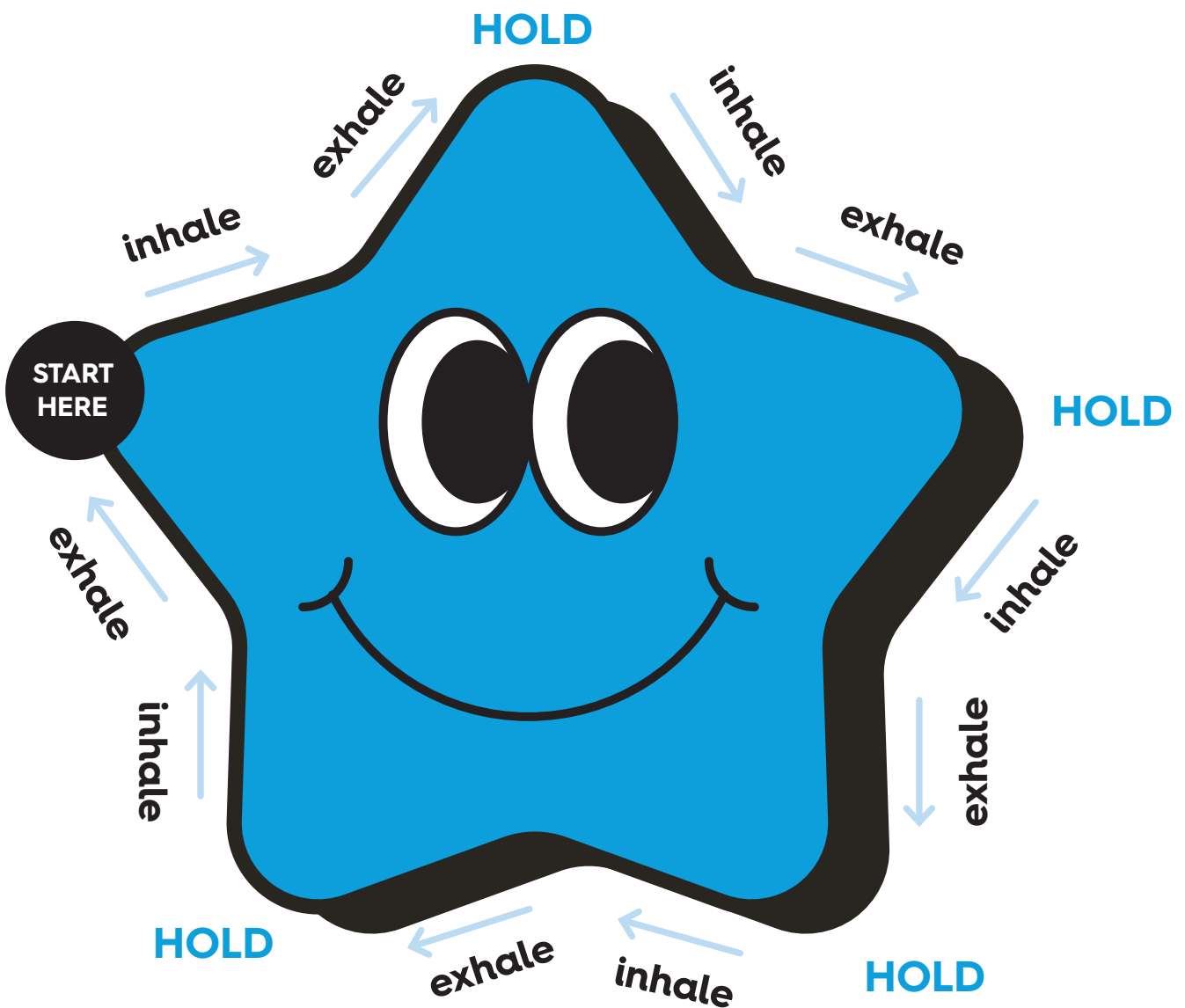
# Breathe in the logo!



# Breathe to make a square

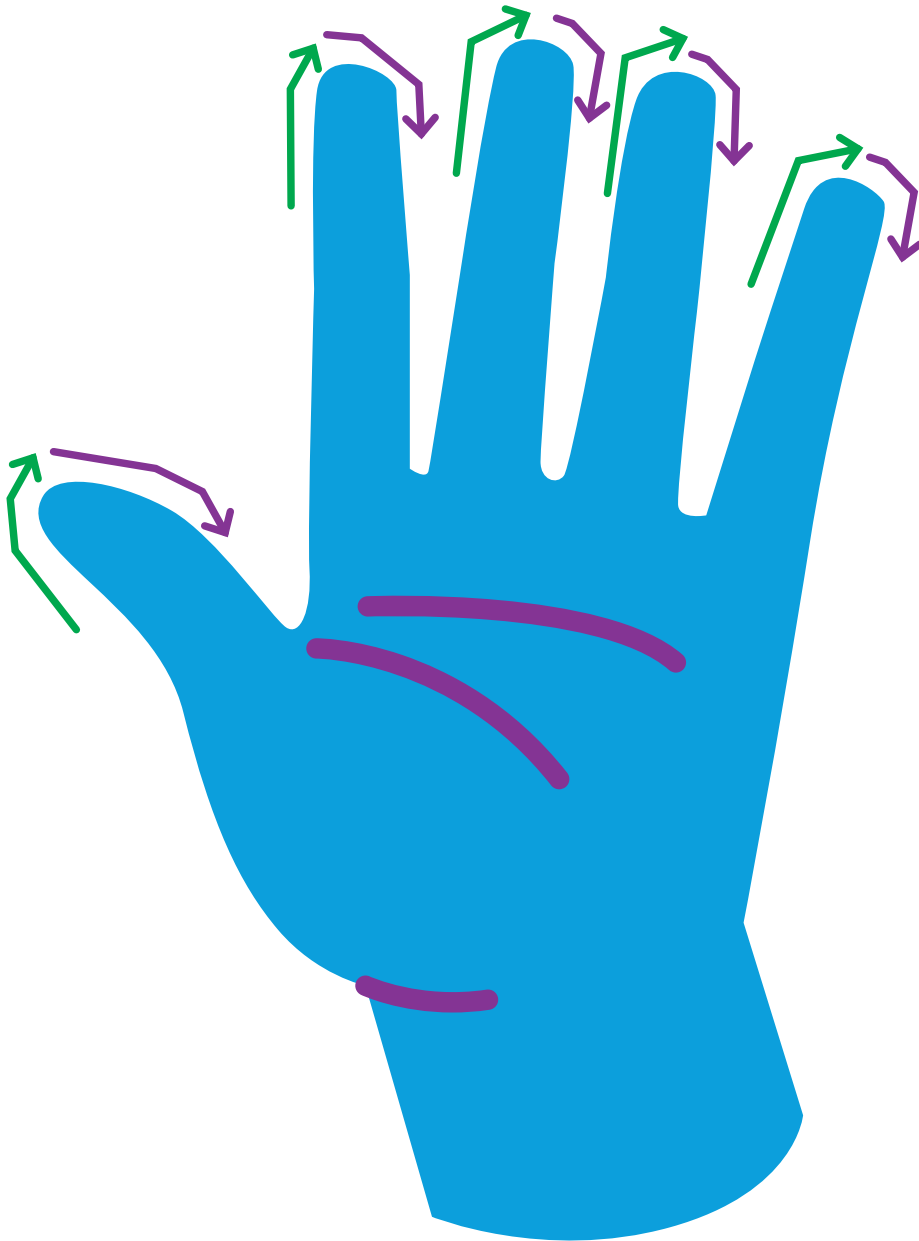


# Star-filled breaths

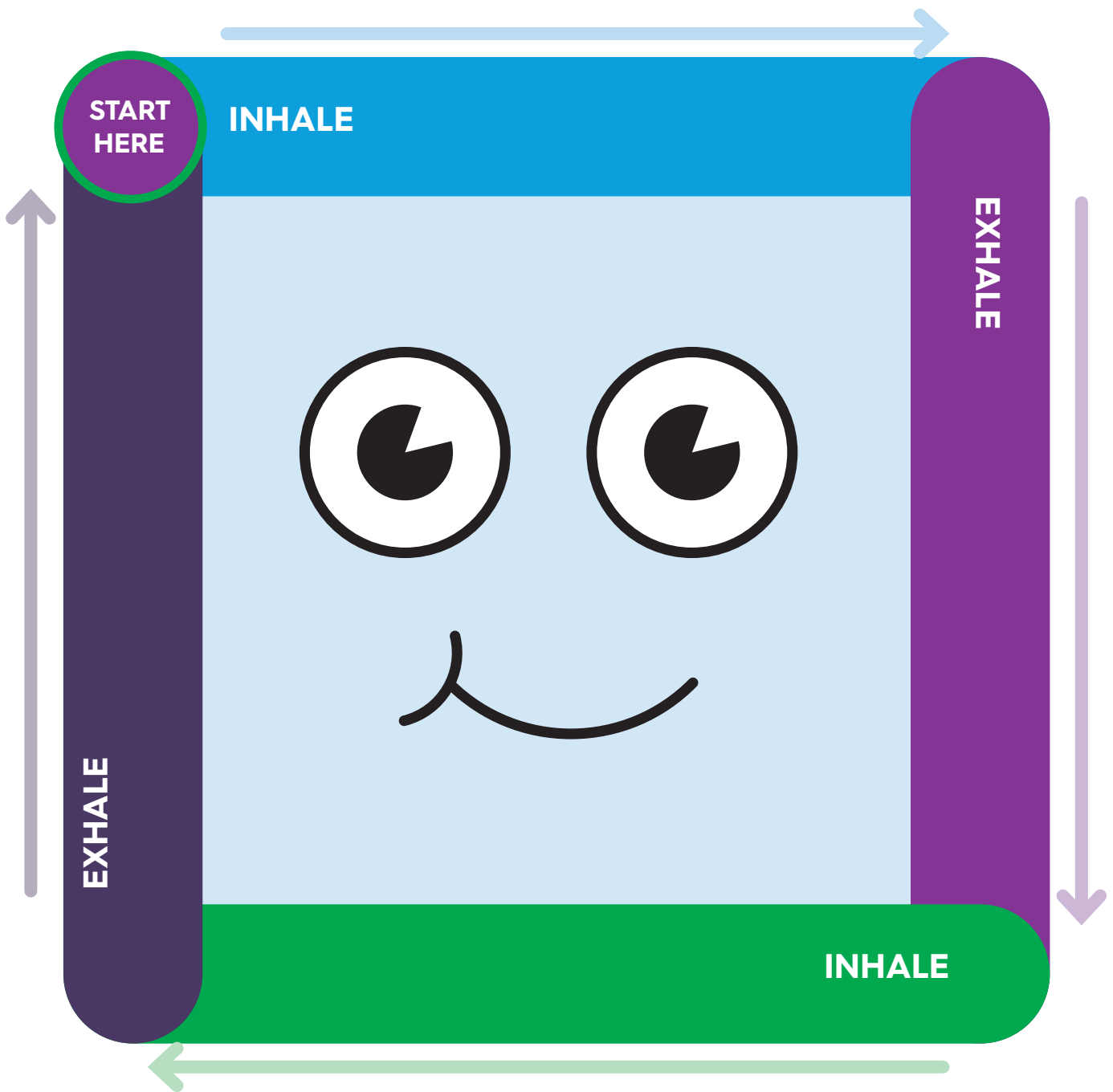


# Five finger breathing

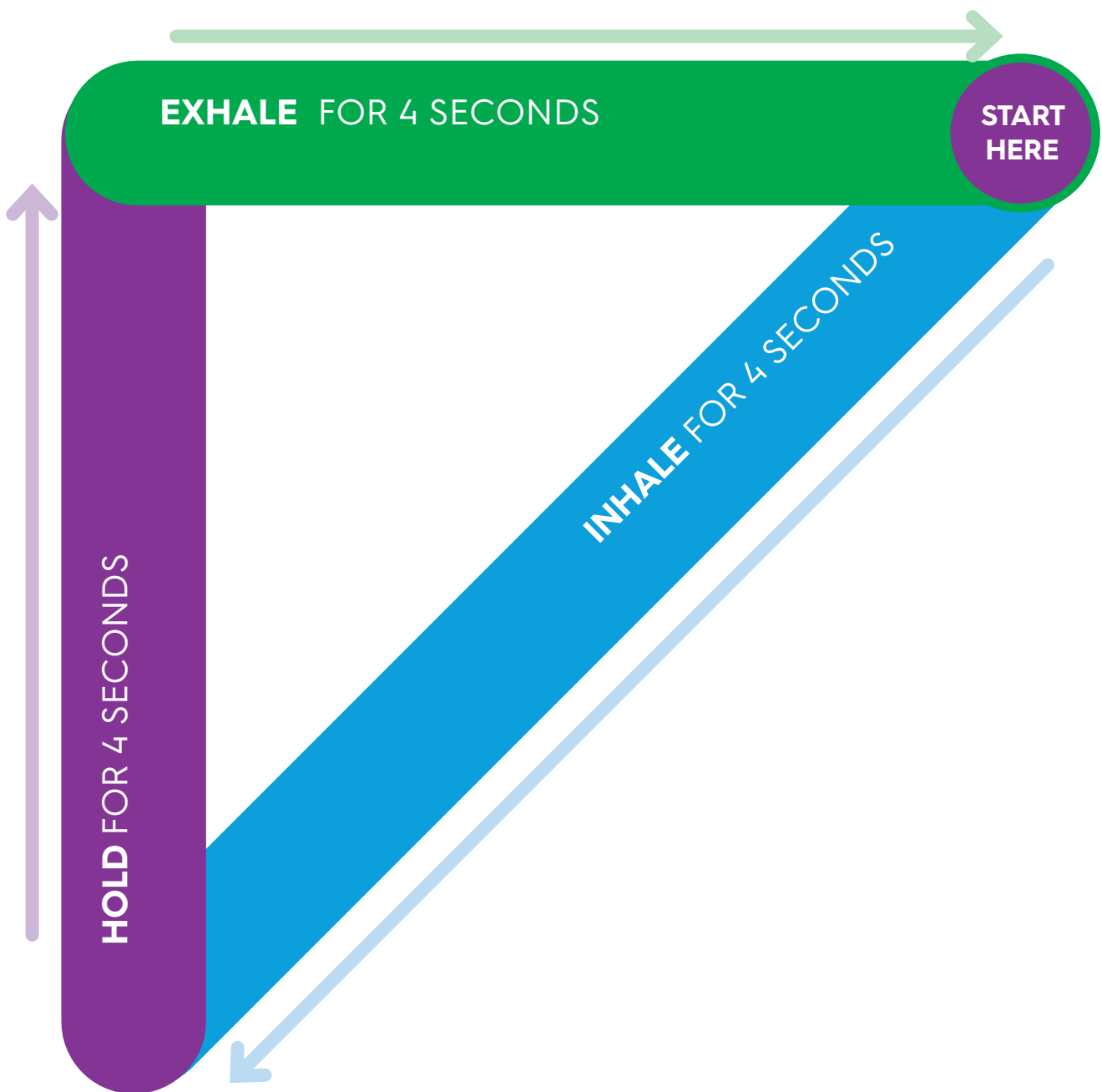
Open your palm wide. Use your other hand to trace up your thumb while breathing in and counting to 3. Trace down your thumb and breathe out counting to 3. Repeat for all of your fingers.



# SQUARE BREATHING



# 3, 2, 1... triangle breathing



# Blooming great breathing

