



Mindful Breath

Calming

Duration

1 minute

Age

4+

Supplies

No supplies needed

Instructions

- 1 Sit or lay down. Put your hands on your belly.
- 2 Breath in for 1, breath out for 2. Repeat all the way to 10.
- 3 Feel you belly lifting up your hands.

Tip

When you are feeling angry, anxious or sad, take 10 mindful breaths and see if it helps.

Questions

How does paying attention to your breath makes you feel?

