

# MINDFULNESS EXERCISES

2020-2021



# Draw Your Breath

- Place your pen/pencil on the paper. Take a moment to notice and observe your breathing. Visualize your breath as a line and represent this on the paper. Spend a few minutes playing with different types of lines as you notice your breath. Try altering your breathing a bit faster or a bit slower and then notice how this changes your lines on the page. Try changing the quality of your lines and notice how you could change your breath to match.
- Get a new sheet of paper and now focus on deep, slow breathing for relaxation. Again, draw lines that represent your calming breaths. Continue for a few minutes to let yourself relax into the calming sensations of breath, motions, and lines.



## Tense and Release

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- Starting with the feet, gently squeeze the muscles in the feet by lightening them, then slowly releasing. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release. Continue moving up the body for more relaxation.



# Body Scan (Script)

Let's begin by taking a moment to allow your body to settle into a comfortable position.

You may close your eyes or keep them slightly open. Willing the spine to lift, the shoulders to soften (5 seconds).

Today we will practice a short body scan, checking in with our bodies helps to settle the mind and to notice what physiological sensations and emotions might be present (2 seconds).

Begin by taking a full breath in and a long breath out (5 seconds).

Now bringing awareness to the top of your body, your head, face, neck, shoulders (3 seconds).

Noticing any sensations, movements, any places of holding (5 seconds).

Now moving down to the arms and the hands (5 seconds).

Sensing the back of the body, the front of the body (3 seconds).

Sensing yourself seated.

Feeling the contact of your body with the chair or the cushion (10 seconds).

Now sensing your upper legs, your lower legs, and the feet (5 seconds).

Noticing if there are any particular places that call out for attention.

Places where sensations feel most vibrant or dynamic (10 seconds).

Scanning to see if there places where there is a lack of sensations or only very faint sensations (5 seconds).

Now sensing the whole body breathing (2 seconds).

One complete organism (20 seconds).

Finishing with a full deep breath in (2 seconds) and a long breath out (20 seconds)



## Box Breathing

- Before you get started, make sure that you're seated upright in a comfortable chair with your feet flat on the floor. Try to be in a stress-free, quiet environment where you can focus on your breathing. Keeping your hands relaxed in your lap with your palms facing up, focus on your posture. You should be sitting up straight. This will help you take deep breaths.
- Step 1: Slowly exhale -Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.
- Step 2: Slowly inhale -Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head. Feel the air fill your lungs, one section at a time, until your lungs are completely full, and the air moves into your abdomen.
- Step 3: Hold your breath -Hold your breath for another slow count of four.
- Step 4: Exhale again -Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs.
- Step 5: Hold your breath again -Hold your breath for the same slow count of four before repeating this process.

# Spidey Senses

## 5 Minute Exercise

- Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in.
- This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practice.

