



Mindfulness Exercises

Wednesday, December 2nd 2020



Color Breathing Exercise



1. Ask students to assign colors to their feelings. First, start with a relaxing positive color.
2. Then, ask them to think of a color that represents stress, sadness, or anger, or whichever of those emotions is most relevant or suitable for your students' age group etc.
3. Students start breathing. When they breathe in, they imagine inhaling the relaxing color and visualize it filling their lungs.
4. When they breathe out, they imagine exhaling the stress, sadness, or anger color out of their body.



Mindful Walking

This exercise is about paying attention to how your body moves as you walk slowly.

- To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.
- Now walk in slow motion, step by step. Notice how your arms and legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.
- Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe.
- Whenever your mind wanders, gently guide it back to your s-l-o-w motion moving. Keep breathing, in and out, as you enjoy moving in slow motion.





Shark Fin Breathing



- Shark Fin breathing exercises are perfect for facilitating calmness quickly and spontaneously and for helping kids sort out their thoughts and feelings while relaxing the body. It helps focus on the “now”.
- Students can sit down on a chair, floor or comfortable surface, and close their eyes.
- Tell them to place their thumb on their forehead with their other fingers pointing to the sky like a shark fin. Their palm should be looking towards their side.
- They should take a deep breath and move their hand slowly down from their forehead to their chest, keeping the 5-S’s in mind:
 - **Sit** straight
 - **Still**
 - **Silent**
 - **Soft** breathing
 - **Shut** eyes
- Breathe in and out a few more times.
- They can open their eyes; encourage them to notice how they feel.



References

<https://kidshealth.org/Nemours/en/teens/mindful-exercises.html>

<https://www.mentalup.co/blog/mindfulness-activities-in-the-classroom>