

Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Circle Breathing” handout (1 per family)
- Display table

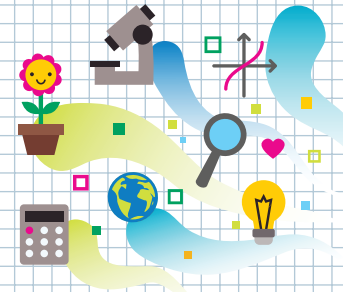
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Circle Breathing” handout per family.
- ▶ Set up the display table and arrange needed supplies.





HEADS IN, HEARTS IN



Circle Breathing Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will use the “Circle Breathing” handout to learn a technique for connecting breathing to visual and hands-on learning.

Instructions

1. Take a “Circle Breathing” handout.
2. While standing or sitting, look at the handout and the variety of circles.
3. Notice that some circles are large, while others are small.
4. Choose a circle and trace it with your finger. Breathe in slowly as you trace the circle.
5. Choose another circle and trace it with your finger. Breathe out slowly as you trace the circle.
6. Repeat this several times, choosing different circles as you breathe in and breathe out.

Circle Breathing

Circle Breathing Handout

