

# Mindful Breathing

## Sheet Lesson 1.1

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Directions: Read through each step, giving a moment or two between each. Students can be divided into small groups of 3-4 giving the option of repeating this practice and allowing students to be leaders by each reading the directions. Best if you can do this outside where students can observe the sky.

1. Become aware of your body and any discomfort or sensations.
2. Notice the the sky and any clouds, while feeling the sitting sensation.
3. As you begin to inhale, notice the air flowing into your nose.
4. Notice the expansion of your chest and hold it.
5. Notice the details of the sky, the clouds, the colors, the movement.
6. Exhale and hold it. Continue noticing any minor shifts within you and the sky.
7. Inhale and hold, noticing both body and sky shifts. Exhale.
8. Inhale one last time. Hold it and exhale.
8. Were you able to see a shift in the clouds, the color, the shape?
9. Check in with current emotions or body sensations.
10. Mindful breathing is about noticing what is happening in the present moment without judgement. What did you notice? What shifted?
11. Finding peace, calm, and relaxation can be as simple as watching the sky around us shift while mindfully breathing.

