

4-7-8 BREATHING

Sheet Lesson 1.2

- Step-by-step 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 reading the directions.
- Show the Cloud Emotions Chart. Become aware of your body and any discomfort or sensations. Rate the discomfort or intensity of emotion 1 out of 10. 1 for low intensity or pain, 10 for high intensity or severe pain.
- Before doing any breath work, listen to the steps and then we will start.
- Inhale for 4 counts, expanding your chest to fill to the lower parts of your lungs.
- Hold for 7 counts. (The leader or teacher can count out loud or use their fingers to count up to 7). Pinch your lips like you are blowing up a balloon. Like this. Exhale for 8 counts.
- We'll repeat this 4 times.
- Inhale 1-2-3-4
- Hold 1-2-3-4-5-6-7
- Exhale with pinched lips 1-2-3-4-5-6-7-8
- Check in with current emotions or body sensations. Rerate your discomfort, pain, or emotions. What did you notice? What shifted? What was the before number vs the after number. Who experienced a shift?
- Finding peace, calm, and relaxation can be as simple as watching clouds and doing a simple mindfulness breathing exercise like 4-7-8 Breathing.

