

Mindfulness Breathing Practices

CHEST/ TUMMY BREATHING

I will time one minute using bells to start and end. In that time, count how many breaths you do. One breath counts as intake and breathe out.

Close your eyes: imagine you are inside a very delicate bubble by yourself. Not touching anyone else. Very quiet and still so the bubble doesn't burst. Now breathe normally. Count your breaths.

How many did we all do? Make sure the children just breathe normally!

Repeat but this time put one hand on your chest and one flat on your tummy. When you breathe this time try to really focus on what happens to your chest / tummy. (Will notice the rise and fall. Is it at the same time?) Our pre frontal cortex is operating- it is helping us to focus and concentrate on our breathing.

Did anyone forget to concentrate on breathing? Did anybody's mind wander? Perhaps the insula took over and we started thinking we felt hot / cold/ tired/ hungry! Remember our mind can wander but that's ok- we can bring it back by focussing on our breath.

JUST PAUSE AND BE

In bubble. Strong mountain stance. Flat feet on floor, flat hands on knees, back straight, eyes closed. Just breathe. Don't count. Just be in the moment- think about your breaths in and out.

FINGER BREATHING

Hold hand up with open fingers and trace around fingers with finger of other hand. Up to top of finger breath in , down finger breathe out. Trace around every one of the fingers breathing in and out. Eyes closed.

FEET ON FLOOR BOTTOM ON CHAIR

Posture- like a mountain strong and silent

Get into your bubble, closed eyes

Focus on your breathing, just in and out normally. Follow your breathing in and out. Now shine a spotlight of attention onto your feet. Notice how your feet are feeling- can you notice the feel of your socks on your skin, the way your shoes feel, the weight of your feet, the pressure as they press flat to the floor.

Now move the spotlight of attention to the top of your knees. Focus on how your lower legs feel.

Now move the spotlight again- to all of your lower body. Can you notice how you feel against the hard chair, the weight of your body?

Now breathe normally, relax, notice your breaths. Be still. Open your eyes.

PETAL PRACTICE

Do with both or one hand. Hand flat and outstretched, palm up. Mountain posture. Strong and silent. In a bubble. Eyes closed. On bell, close hand so all fingers close like petals so fingertips touch together - breathe in.

Let fingers move back out to flat hand palm up- breathe out.

Repeat. Breathe in- make petals close, breathe out make petals open. Imagining your fingers is a flower bud opening and closing its petals. Stay in your bubble. Focus. Be in the present. Notice your breathing and the feel of your fingertips against each other. In and out.

What did you notice/ how did you feel? Share ideas and thoughts.

