

# Mindfulness Activity #1: "Just One Breath"

## Breathing Activity

Find a **relaxing place** where you and your child will not be disturbed. Sit in a comfortable posture, either with your legs folded or any comfortable posture. This activity can be done in as little as one minute, but you can also do it for longer periods of time.

- Begin by setting a timer for one minute.
- Start **breathing deeply** in and out. Notice how the breath feels as it moves in and out of your body. Notice how the air feels on your skin. Pay attention to any sensations that you notice or any sounds that you hear.
- Take another slow deep breath and see if you can imagine how the breath moves down into the lungs and then back up again. Thank your body and breath for giving you life and keeping you healthy.
- Take one more deep breath and hold the breath for a moment - then release it.
- If thoughts become intrusive, try and imagine your thoughts immersed in a white, puffy cloud and push the thought cloud out of your awareness.
- Afterward, notice how you feel after taking this one-minute break.

# Just One Breath

## BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

