



Figure 8 breathing exercise

OPTIMAL GRADES: K-5th grade

be nice. ACTION PLAN focus: challenge or empower

MATERIALS:

- Handout for the breathing exercise – see below

DIRECTIONS:

Have the student trace their finger around the figure 8 while breathing in and breathing out. This mindful exercise gets the student to concentrate on their breathing and hopefully will slow down their heart rate and put them in a relaxed state. The student might need to trace the figure 8 a few times to slow down their breathing.

One idea is to make copies of the figure 8 handout, laminate and give a copy to each student to keep in their desk. You could also keep the copies and handout and do the exercise all together as a class.



be nice.®

JUST BREATHE

breathe in.....



breathe out.....

