

## Pumpkin Deep Breathing Exercise

***Trace the Ridges of the pumpkin.***

***Trace UP & Breathe IN,***

***Trace DOWN & Breathe OUT.***





**OPTIMAL GRADES:** Kindergarten – 8<sup>th</sup> grade

**be nice. ACTION PLAN focus:** notice, empower

**MATERIALS:** pumpkin template above OR a real pumpkin

**DIRECTIONS:**

Mindfulness is the ability and awareness of thoughts, feelings, and sensations as our body responds or reacts. Mindfulness is being present in the moment in any given situation with full awareness of inward and outward sensations. Practicing mindful awareness through deep breathing exercises is one way to **notice** how our body is reacting in a given moment and provides a tool to reset. Coping skills for students may include deep breathing as just one **empowering** strategy.

This deep breathing activity uses a simple picture of a pumpkin, but you can use a real pumpkin, too. The small decorative gourds or pie pumpkins are perfect for this activity, because kids can hold the small pumpkin in their hands and feel the weight of the pumpkin as they complete the breathing strategy.

Using a pumpkin picture or real pumpkin, show kids how to use deep breathing as a coping skill by taking calming breaths while they trace the lines of the pumpkin.

Trace the lines up toward the stem while taking a deep breath in. Hold the breath for a few seconds and then trace a line down another section of the pumpkin while slowly breathing out. Hold that breath for a few seconds. Repeat this process as you slowly trace up and down the sections of the pumpkin.