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Mindful Moments: The Breathing Ball

WHAT IS A BREATHING BALL?

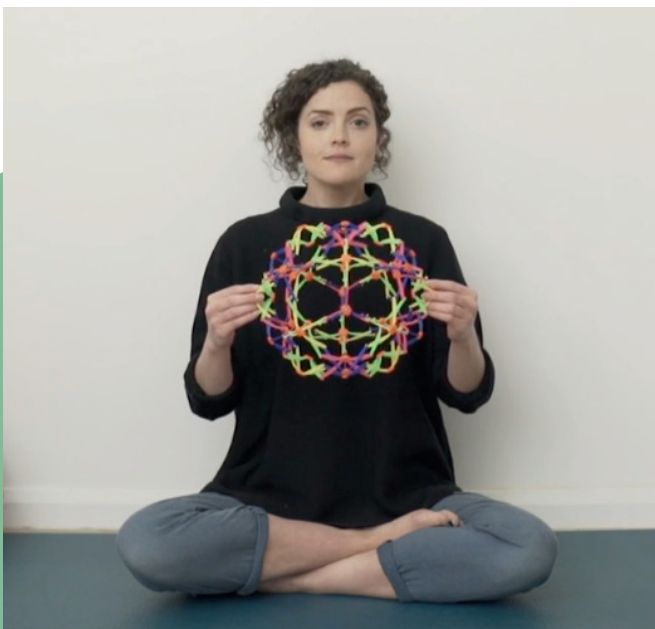
A breathing ball is a visual aid which can teach us to breathe deeply and mindfully to help us feel calm and relaxed.

Many of us don't use our entire lungs to breathe deeply, but rather only the top portion, resulting in shallow breaths. Getting to know how to breathe deeply can help not only with our daily wellbeing, but also for when we feel stressed or worried in our bodies and minds.

We can imagine we have a breathing ball in our bellies, and as we breathe in, our bellies rise up and the ball gets bigger and bigger.... As we breathe out, it gets smaller and smaller. This is how we can use our diaphragm muscle to breathe a nice, big, deep breath. We can also use a Breathing Ball to help guide us!



**breathe in +
expand the ball**



**breathe out +
collapse the ball**



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MINDFUL MOMENTS: BREATHING BALL PROMPT EXAMPLES

Let's take a moment to practice our deep, belly breathing.

Shall we remind ourselves how our breathing ball helps us to breathe deep, calming breaths?

Now might be a good time for a deep belly breath.

What prop do we have in the room to help us with our deep belly breathing?

IDEAS FOR WHEN TO INTEGRATE MINDFUL MOMENTS:

- At the beginning of class
- Before a test or beginning homework
- After a test or when homework is completed
- After recess or physical education
- During transitions between subjects
- After lunch
- Before group work and activities
- Before speaking (Especially in front of an audience)
- When noticing collective stress or anxiety
- At the end of the day
- At any time you and/or others need to pause and calm the mind

SCRIPTS: MORE BREATHING BALL PRACTICES

“ONE BELLY BREATH”

Sometimes we just need to take one deep breath!

In a moment of stress or worry,

Wherever you are, sit or stand tall,

Take a big deep breath into your body, feeling your lungs and belly rising up.

When you are ready, slowly breathe out of your mouth to the sound of a silent ‘haaa’ and let it all go.

“THREE HEALING BREATHS”

Sit comfortably and let’s breathe it all out to begin.

Now breathe in nice and slowly into your nose, filling your lungs and your belly so it rises and the breathing ball expands.

Now slowly breathe out of your mouth as the ball contracts.

Big breath in feeling the belly rise, and a calm breath out...Taking your time.

One more time ~ Slow deep breath into your nose...

Now softly breathe out of your mouth.

“BALLOON BREATHING”

Sit comfortably and you can close your eyes.

Place both hands on your belly.

Now breathe out to begin.

As you breathe into the belly imagine breathing in a nice warm positive breath that fills a balloon in your belly with good thoughts.

As you breathe out, imagine blowing out any sadness or worries.

Twice more...

Breathe in a big, slow belly breath in of warmth and peace, and calmly breathe out your worries.

Final breath in... Take a big deep breath in, filling your belly, and a calm relaxing breath out.