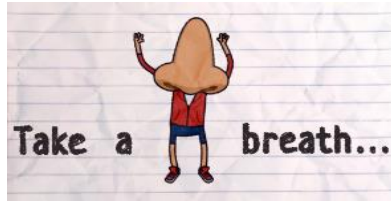


BREATHING SPACE

"Mindfulness helps me to concentrate and it makes me feel good."



"Mindfulness helps you to listen to other people, it helps you with your friends."

- Let the body relax and sit comfortably. Relax your shoulders. Relax your face and your mouth. Close your eyes if you wish or look down at your hands.
- Imagine that your body is like a balloon filling up as you breathe in, and emptying as you breathe out. Let your ribs expand out to the sides, like a balloon expanding... and then let the air out, like a balloon that is emptying. The balloon expands... and then the air goes out.
- Try to focus your mind on feeling the breath entering and exiting your nostrils. Feel the air entering and leaving your body. (Wait 10 seconds). You might find your mind starts to think about different things. That is ok. When you notice try to let go of what you are thinking and bring your mind back to focusing only on your breath. (Wait 15 - 30 seconds)
- Feel the air coming into your body and the air going out.
- Feel your tummy rising and falling. (Wait 15 - 30 seconds)
- Now see if you can breathe a little more slowly and a little more deeply. (Wait 15 - 30 seconds)
- For the next few moments, just relax, resting. It feels good to relax. Enjoy this calm feeling.
- Discuss: How did this breathing feel? What did you notice? How did you keep your mind focused on your breathing? Anytime you feel stressed, anxious, worried, angry, frustrated do this simple breathing exercise and you will be able to think clearly make the right choices.

"My daughter uses Go Noodle at home when she wants to feel calm."



"Using your breath is helpful because if you feel confused it clears your mind. It makes me feel nice."