



Mindfulness Breathing

1. Find a comfortable and quiet space for your young person to sit.
2. Encourage them to take a few deep breaths in through their nose and out through their mouth.
3. Now, bring their attention to their breath. Ask them to notice the sensations of the air entering their nose, feeling it travel down to their lungs, and to observe how it causes their belly to expand.
4. Next, guide their attention to the natural fall of their belly as they exhale, noticing the warmth of the air as it moves up through their lungs and out of their mouth or nose.
5. As they continue to breathe, remind them to pay attention to the physical sensations associated with each breath, such as the coolness of the inhale and the warmth of the exhale.
6. Let them know that it is perfectly normal if their mind starts to wander during this practice. Encourage them to just notice any thoughts that may arise and then to gently let them go, refocusing their attention back to their breath.
7. Continue this practice for a few minutes, allowing them to stay present with their breath and the sensations it brings.
8. When the time feels right, gently guide them to bring their attention back to the space around them, what they can see, hear and feel.
9. Take a moment to check in with your young person and reflect on how present they were during this practice.
10. Encourage them to practice this mindfulness activity regularly.