LEHIGH UNIVERSITY | College of Education

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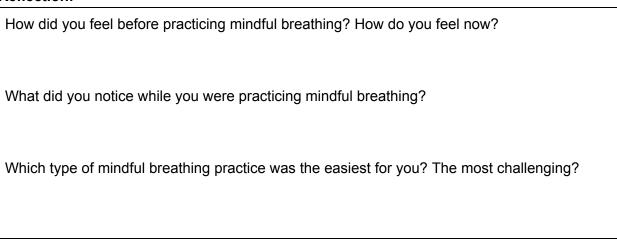
Lesson 2: Mindful Breathing
Students will **practice** different mindful breathing techniques, **reflect** on their experience of practicing mindful breathing, and **explore** applying mindful breathing to support self-regulation.

There are many different ways to practice mindful breathing! Click the link below to try smiling breath, finger count breathing, and belly breathing.
https://kidshealth.org/en/teens/relax-breathing.html

Visuals can also be helpful in practicing mindful breathing. Try keeping your eyes open and watching the pattern move across the screen in this one.
https://www.youtube.com/watch?v=nmFUDkj1Aq0

Reflection:

How did you feel before practicing mindful breathing? How do you feel now?   What did you notice while you were practicing mindful breathing?   Which type of mindful breathing practice was the easiest for you? The most challenging?

Stretch Activity 1: Next time you notice yourself feeling stressed out or anxious, try practicing one of the mindful breathing techniques you learned for at least 10 seconds. When you finish, notice how you feel. Be sure to thank yourself for taking time to practice 😊

Stretch Activity 2: The physical practice of yoga is a way to link together breath and mindful movement. Try this 15-minute yoga class - all you need to practice yoga is a space where you can move! https://www.youtube.com/watch?v=6kJgTouHHeE

Optional Daily Practice:
1. Find a comfortable, quiet space to practice mindfulness.
2. Begin by breathing deeply and noticing your breath.
3. Practice one or more of the mindful breathing techniques you learned in the first part of this lesson

Additional resources:
If you liked practicing mindful breathing and would like some more recordings to listen to, here are a few:
https://ggia.berkeley.edu/practice/mindful_breathing
http://mindfulnessforteens.com/wp-content/uploads/2015/02/2.-Mindful-Breathing.mp3
https://www.youtube.com/watch?v=I-SFdhVwrVA

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	