



## Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

### Lesson 2 - Mindful Breathing

- **Mindfulness Instruction:**

<https://drive.google.com/file/d/1sPpJtZsrIYDq6uX5bkAxpQX74-IVFNqe/view>

In this video lesson, we will discuss a few mindful breathing techniques and useful tools to help you regain focus when your mind wanders (which it will, and that's okay!) Gently bring your attention back to your breath and keep going. In this lesson we will learn about our breath anchor, plus focus on breathing for one full minute.

- **Mindful Movement:**

<https://drive.google.com/file/d/1moFUuLHHxdOsxRe4nYY4sEMGERjONfrq/view>

In this lesson, we learn Volcano Breath. When you are angry or frustrated, you may feel like an active volcano about to erupt! Today, when releasing a deep and powerful breath, we will learn how to be active and calm at the same time. Make yourself some space to spread out before you begin.

- **Mindful Activity:**

<https://drive.google.com/file/d/1PAaWtBzrMM-QxAn2o1UgljeLPRqZdBv2/view>

This art project invites each family member to mindfully trace their hand on a piece of paper. Inhaling as you move upward around each finger, and exhaling as you move down the other side of each finger. Complete your artwork by adding watercolors and watching the colors mix.

- **Mindful Home Practice:**

<https://drive.google.com/file/d/1x5XVpw1BgCuzr3Nacy73I1WgrLuu5hOc/view>

Practice mindful breathing in your Calm Corner. You can do anchor breathing (hand on chest or belly) and/or breathing ball hands.

- **Journal:**

[https://docs.google.com/document/d/1pTP16TwZW8ikwKewJeq2xW40UtgeTDj\\_IKXi1nbVYsQ/edit](https://docs.google.com/document/d/1pTP16TwZW8ikwKewJeq2xW40UtgeTDj_IKXi1nbVYsQ/edit)

What are some times that your breath could help you feel calm? Think about a time at school, during a group activity, at a sporting event, or at home with parents and/or siblings.

- **Supplemental Materials:** Hoberman Sphere (aka Breathing Ball)

[https://drive.google.com/file/d/1M7JiEK\\_XyIFQeeqfPG7XUkKoQglvE0pK/view](https://drive.google.com/file/d/1M7JiEK_XyIFQeeqfPG7XUkKoQglvE0pK/view)