

Video Handout 5

Short Mindfulness Exercise for Kids (and their adults!)

Letting the Body Breathe

- All of our bodies do an amazing job taking care of things so we don't have to
- Breathing is something the body does all for us every day and all through the night
- Try stepping out of the way and watch the body breathe for you:
 - Try spending 5 whole minutes watching the body breathe by bringing your attention down **out of the head** and **into the body**
 - This may feel strange or challenging at first, but try to focus on the **automatic "just-happening"** feeling of each breath
 - It may help to think the words **"rising" and "falling"** with each breath (as your belly moves up and down)
 - Also, try **pausing a few times today** just to follow the rising and falling of the body breathing

"Bringing our attention down" into the belly as we breathe can help the body breathe more deeply with the diaphragm which promotes physical and mental relaxation.

"Staying with" the rising and falling of the in- and out-breath can give us a feeling of being grounded in the present rather than being swept away by memory, planning, or daydreaming.