



Name of Session: Mindfulness - Breath & Body

Facilitators / Creators: Michelle and Mariah

Age Group for Participants: All ages

Context:

Mindfulness practices encourage students to become more aware of their breath and body.

These practices are important because they provide students with an understanding of strategies and techniques to use to become aware of the body, to calm the body, and to love the self. Mindfulness practices also provide growth and increase energy, physical, and mental well being. Our students at Vista College Prep look forward to mindfulness exercises when they are in need of relaxing, or calming down their mind and bodies.

Origin of the exercise:

Mindfulness practices and tools have been practiced for centuries. The knowledge and practices have been shared with us from our own professors within Dance Major Courses, Somatics courses, and yoga practice.

Objectives:

- To practice mindfulness
- To bring awareness to how your body feels through a body scan
- To learn different breathing practices that can help you relax.

Linked Media Content:

Breathing Exercises with Mariah: <https://youtu.be/lepY6fEccro>

Body Scan with Michelle:

<https://soundcloud.com/user-250820552/virtual-content-mindfulness-body-scan-with-michelle>

Materials:

You will need

- *Headphones (optional but encouraged)*
- *Comfortable clothing*
- *Space to move around*

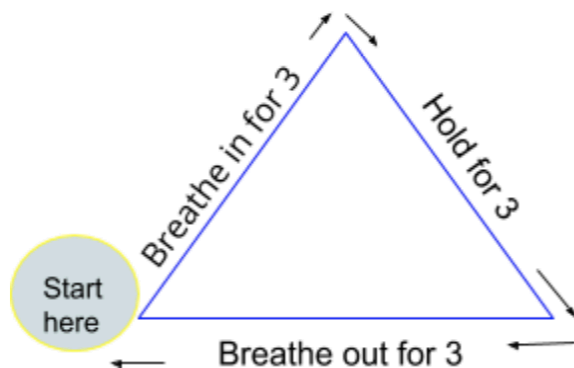
Process:

Hi friends! Our focus for this session is to practice mindfulness by going through some breathing practices, and a guided body scan. Before we get started, let's all take a second to think about what mindfulness is. Mindfulness is the practice of being aware in the moment; for example, take the time to notice where you are right now. What do you see? Smell? Feel? Hear? Taste? Note this to yourself.

There's many ways to practice mindfulness. In fact, I am sure you do it without even realizing! You can practice mindfulness through meditation, breathing, yoga, etc.

Before we get started please make sure you are wearing comfortable clothing and have a space that you can sit or lie down. You can utilize headphones for the body scan if needed or listen aloud.
[Lets begin with some breathing exercises.](#)

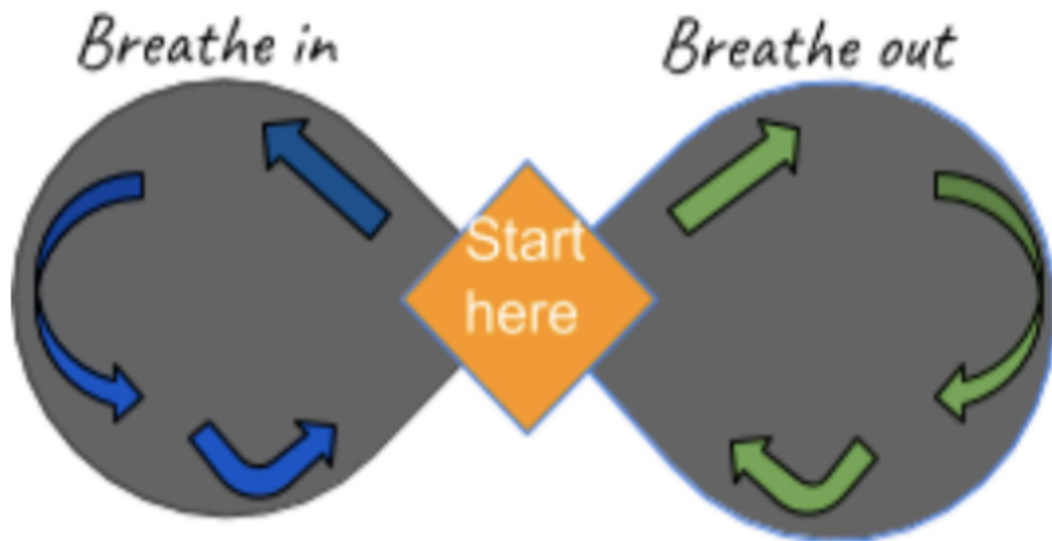
Triangle Breathing



Try this 3 or more times. You can use your finger to trace and follow the triangle as your breathing.

Lazy Eight Breathing:

- Start at the center and trace your finger through the blue arrows (inhale)
- Begin to exhale when you go through the green arrows



Repeat this 3 times or more.

Nostril Breathing:

Block one nostril with your finger, breathe in for 5... hold.

Block the other nostril and breathe out for 5...

Try this a few times.

Body Scan

Lay down in a comfortable place for the Body Scan. [You can follow along here!](#)

Hello friends, today we are going to check in with our bodies. Let's see how we are doing. If

something hurts, you can always stop and ask an adult for help. Before we start, make sure you have your comfy clothes on and a quiet place to lay down. If it's not so quiet, that's okay too. We can still check in with our bodies.

When you are ready, go ahead and lay down on your back in a comfortable position. You can close your eyes now, to help you relax. Begin to focus on your breath. You don't need to change how you are breathing, just notice it. Go ahead and breath in and out a few times on your own ..., beginning to relax your body and feel calm. ..., ..., feeling calm and relaxed ...

Now, go ahead and place your hand on your tummy . Take a deep breath in through your nose and feel your tummy fill up like a balloon, deep breath out through your nose and let the air slowly come out of the balloon. A few more times like this. Breath in through your nose , feel your tummy fill up with air, breath out through your nose, feel your tummy get small again. Keep breathing one more time on your own, in through your nose... out through your nose.

Now we are relaxing and becoming calm. We are going to check in with our bodies and ask how they are doing. Starting with your toes. How are your toes doing today? Let's wiggle our toes.

Wiggling, and wiggling, waking up every single toe. Your pinky toes, second toes, middle toes, 4th toes, and big toes. All wiggling and waking up.

Now let's check in with our feet. How are your feet doing today? Let's move both of our feet, up and down. ... pointing them to the ceiling and back down. Waking up every part of our feet. The tops of our feet, the bottoms of our feet, the sides, the heels. Moving up and down.

Let's check in with our ankles. Moving our feet side to side, left and right, moving our ankles. ... Now let's do ankle circles. Moving our ankles in circles, waking them up. now switch directions, move your ankles in circles in the other direction We check in with our feet today. Now we slowly stop moving our feet and let them rest again.

Let's check in with our legs. How are your legs doing today? Let's move our legs side to side. How about our knees? Go ahead and put your feet flat on the floor and move your knees back and forth, left and right. Just focusing on our knees. The front of your knees, the backs of your knees. . . . and gently placing your legs back down, letting them rest again.

Let's check in with our hips. How are your hips doing today? Let's put our hands on our hips and move them side to side. Thinking about the front of our hips. The back of our hips and the sides of our hips. Your hips are like a bowl. You can move the bowl side to side, in circles, forward and back. How are your hips doing today? and slowly stopping, allowing your hips to rest again.

Let's check in with our tummies now. Placing your hands on your tummy, breathing in and out, feeling your tummy. How is your tummy doing today? Feel your tummy get big like a balloon when

you breath in and small again when you breath out. We checked on our tummies.

Now let's check on our chest. Our heart lives in our chest. How is your heart doing today? How is your chest doing today? Place your hand on your heart. Take a deeep breath in and feel your chest rise up, breath out and feel your chest go back down. We checked in on our chests.

Now friends, let's check in on our backs. How is your back doing today? Your back is laying on the floor, touching the floor and being supported by the floor. The floor is holding up your back for your. Breath in and feel your back fill up with air... breath out and feel your back let go of the air. We checked in on our backs today.

Let's check in on our shoulders. How are your shoulders doing today? Let's move our shoulders up, and back down, keep going... thinking about the front of your shoulders, the backs of your shoulders, and the tops of your shoulders. Moving your shoulders up and down, breathing in and out... now relaxing your shoulders again and slowly stopping. We checked in on our shoulders today.

Let's check in with our arms. How are your arms doing today? Move your arms up towards the ceiling and back down towards the ground. And again up towards the ceiling and back down towards the ground. Now let's bend our elbows. How are your elbows doing today? Bending your elbows back and forth.... Back and forth. ... Now let's think about our wrists. Let's move our wrists in circles. Five times in one direction 1...2...3...4...5... and 5 times in the other direction. 1....2....3....4....5. Now our hands and fingers. Thinking about the tops of your hands.... Your knuckles.... The palms of your hands... and each finger starting with your pinkies... and your next fingers.... Your middle fingers.... Your pointer fingers... and your thumbs. Wiggling all your fingers and waking them up. Wiggling.. And wiggling. .. and slowly letting your fingers rest again. Let's check in on our necks. How is your neck doing today? Take a deep breath in... breath out and turn your head to one side... deep breath in And breath out and turn tour head to the other side. Thinking about the front of your neck, the sides of your neck, and the back of your neck. Your neck holds your throat and your voice. How is your voice doing today? You can tell the world how you feel with your voice.

Now let's check in with our heads. How is your head doing today? Moving your head side to side, remembering to breath in, and breath out. Thinking about the top of your head, the back of your head, and your forehead. How is your forehead doing today? Breathing in.... Breathing out... thinking about our eyes that help us see the people we love... our nose that helps us smell sweet things like flowers... our ears that help us listen to birds chirping and music playing.... Our mouths that help us speak truth...our teeth that help us eat delicious food... our cheeks that help us smile.... Now thinking about our brain.. Our brain that helps us know things.

We checked in on our heads.

...

Breathing in,... breathing out... checking in on your whole body. How is your whole body doing today? We are grateful for our bodies, we are calm, we pay attention to ourselves, we love ourselves.

Thank you for listening, friends. See you next time.

Variations:

You can create your own breathing practice and share it with someone. You could also go through the body scan again and see what comes up for you this time around. Was it different from the first time? What did you feel?