



Training Manual





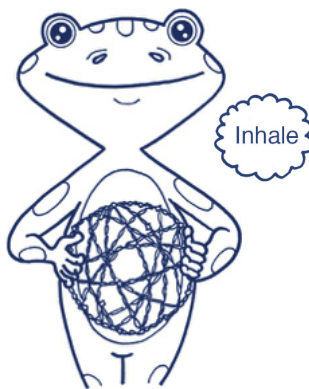
Balloon Breathing

1. Rest your hands on your tummy and imagine it's a big balloon.
2. Breathe in to fill the balloon with air.
3. Breathe out to empty the balloon of air.
4. Repeat three times.
5. Notice how you feel in your body. In mindfulness, there's no right or wrong answer; just notice what you are feeling right now.



Breathing Ball

1. Start in Seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the breathing ball?



- This is generally a favorite and keeps the children's attention.
- We use a Hoberman Sphere as a breathing ball.
- You can have children take turns leading a few rounds with the breathing ball.
- Be careful to keep fingers safe!



Chair Cat/Cow

1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace your fingers. Reach the center of your chest up toward the ceiling and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine, and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: Inhale, arms up, gaze lifts, chest up. Exhale, round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



- You can have young learners moo like a cow and meow like a cat. Just make sure to do a few rounds moving with the inhale and exhale first.
- If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.

Attitude of Gratitude

1. Sit comfortably, and if you like, you can close your eyes.
2. Think of something or someone in your life for which you are thankful or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

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- As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.
 - This is a nice exercise for taking a few responses from learners after the exercise is finished.

