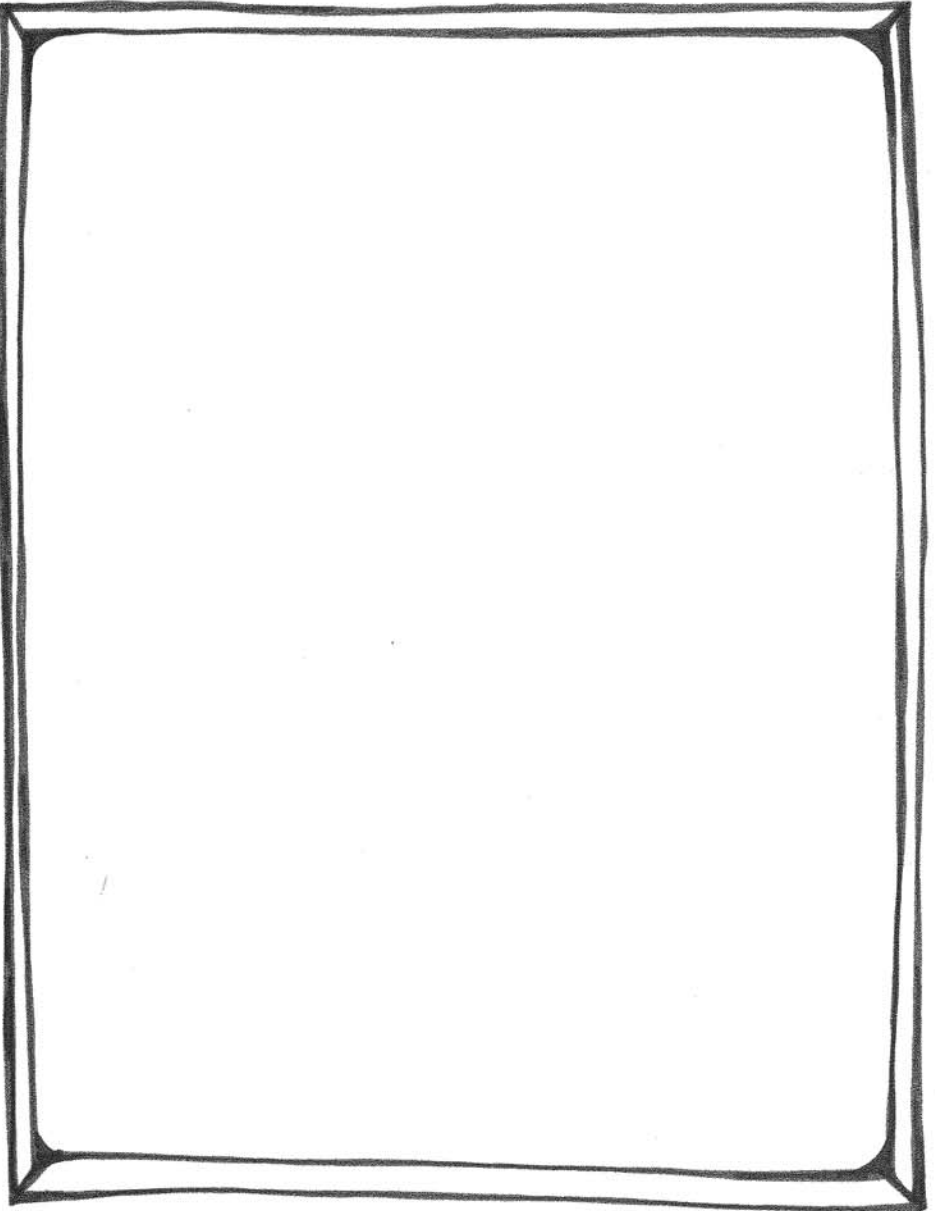


Draw

a picture
of your
hand on
your

Anchor
Spot



Mindful Breathing
Challenge:

Pick a place: at home, the park, at recess, in the lunch room or somewhere else. Practice mindful breathing there. Is it easier or harder to pay attention to your breath outside of mindfulness class?

ANCHOR WORDS

"Breathing
In,
Breathing
Out..."



"...in...
...out...
...in...
out..."

Was it difficult or easy to stay focused on your breath today?

How did it feel to focus on your breath while using the **Anchor Words** "Breathing In, Breathing out?"



In the lunch room, see if you can practice **30** seconds of mindful breathing. Use your anchor words "In and Out" to focus on your breath in the noisy room.