



# MINDFUL MOMENT # 1

## Mindful Breathing

The breath is the best anchor to the body. Lead this “balloon breath” exercise as a foundation for starting a mindfulness practice.

Instructions and script:

1. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses.
2. Have people sit or lie on the floor.
3. **“Please get into your ‘mindful bodies’ – being as still as possible...as quiet as possible...spines straight, with your eyes gently closed.”**
4. **“Inhale slowly as if blowing up a balloon in your tummy.”**
5. **“Exhale slowly and notice the balloon fall.”**
6. **“Inhale, noticing how your tummy moves out, away from the body. Exhale, noticing how your tummy moves closer to the body.”**
7. **“Repeat this balloon breath 5-10 times. Observe how you feel as you inhale and as you exhale.”**
8. Invite feedback from the group about their mindful experience.

Explain to them that since breathing is something we all do all the time that we can regulate, it is one of the best tools they have to calm themselves down. No matter what situation they are in, they can always place their attention on breathing in and out - use the breath as an anchor!