

BREATHE WITH ME WEDNESDAY

Supplies: Real or artificial flowers; Flower Power Breath Coloring Page, Flower Power Breath Card from A-Z Deck



Create Peace Place

[Note that the Peace Place should never be used for any kind of time out or discipline. Students should be allowed to freely choose whether to use the tools in the Peace Place.]

Each week, we'll offer concrete tools that connect to the mindfulness strategy, pose, and breath that the students are learning. The Peace Place can evolve as students become more familiar with how to use it.

Peace Place in a classroom: Create a corner or area of your space that will serve as the Peace Place. If you're in a classroom, this could be a designated area for students to practice mindfulness. In a classroom, the Peace Place might include a yoga mat, comfortable pillows, calming sensory tools, and a music player and headphones.

Peace Place at home: If students are at home, they might find a small space to be their special mindfulness space. Or they might create a bag or basket that holds their tools if they need a portable Peace Place.

Peace Place on-the-go: Remind students that they can practice these tools anytime and anywhere. They don't need to have a particular space or time set aside.

For this week, if you're in a classroom, place a basket of real or artificial flower petals (or a vase of flowers) in the Peace Place so that students can visualize Flower Power Breath. You can also add the Wombat/Child's Pose and Flor Fuerte/Flower Power A-Z Cards so that students can practice these tools.

If at home, students might gather flowers from outdoors, draw their favorite flowers, or cut out flower petals from construction paper.

Introduce and describe the Peace Place to the class. Offer options depending on the circumstances of your classroom (virtual or in-person).

"This is a space for you to practice your mindfulness tools throughout the week. You can practice your movements, your breathing exercises, and your mindfulness practices. But remember that you can also practice these tools anytime and anywhere. You don't have to wait for a special time or a special space."

If you're in a classroom, go over what is in the Peace Place and refer to classroom rules about respecting the materials and equipment.

Flower Power Breath

Welcome students to Mindful Me. Encourage them to find their Mindful Body posture so that they are ready to listen and learn.

"Today we are going to learn Flower Power Breath or Flor Fuerte." [Show the picture of Flower Power Breath from the A-Z Card deck or play the Flower Power Demonstration Video]

Flower Power Breath

- Sit with your legs crossed.
- Reach out in front of you and pretend to pick a flower.
- Bring the imaginary flower to your nose and breathe in deeply through your nose.
- Breathe out slowly through your nose as you open your hand like a blossoming flower.
- Repeat with your other hand. Try to take 5-6 flower power breaths.

"Let's pause to notice how we feel after doing Flower Power breath. Pay attention to your body and your breath right now. How do you feel?"

"You can practice Flower Power breath any time you'd like to shift or change how you feel. Today, try to find a time when you can practice Flower Power breath to help your body calm down."