

**BREATHE WITH ME WEDNESDAY - RAINBOW BREATH****Reading Connection: *What's Your Favorite Color* by Eric Carle****Rainbow Breath**

Encourage students to settle in their Mindful ME postures for learning.

"Can anyone demonstrate Ocean Breath?"

"Let's all practice three rounds of Ocean Breath to get us ready for learning."

"Today, we are going to add another mindful breathing tool to our toolbox. It is called Rainbow Breath!"

**Play Rainbow Breath video below or follow the instructions here:**

"Moving as you breathe connects your mind and body. This practice can help to calm nervous thoughts and worries. With Rainbow Breath, we create a rainbow movement with our arms while we breathe in and out. You can practice this anywhere, anytime that you need to put a little rainbow color in your heart."

- Find a comfortable place to sit or stand. You might choose to sit with your back leaning against a wall for support.
- Take your kind hands and place them on the floor, one on each side of you. If you are standing, place them at your sides.
- Take a moment to think about all of the people, animals, and plants that live on the earth.
- Breathe in and raise your hands overhead, creating a rainbow. Let your hands touch.
- Breathe out and lower your hands back to the floor, creating a rainbow.
- Breathe in and raise your hands again to touch.
- Breathe out, tilt to one side (crescent stretch) and "paint the rainbow" down to your side with your lower hand.
- Breathe in and "paint the rainbow" back up. Touch your palms over your head with straight arms.
- On your next breath out, tilt to the other side and "paint the rainbow down" with your lower hand.
- Breathe in and paint the rainbow back up until your hands touch.
- Breathe out and bring that beautiful rainbow into your heart, crossing your arms in front of you and hugging yourself.
- Repeat from the beginning, finishing with the opposite arm on top as you hug yourself.

**Introduce** the book *What's Your Favorite Color* and read as many pages as time allows. Ask additional volunteers to describe their favorite color and how the color makes them feel.