

**BREATHE WITH ME WEDNESDAY - TAKE 5 BREATH**

Reading Connection *The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems* by Rachel Ignotofsky

Welcome students to Mindful ME time.

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, use a bell or soft music to help students focus on getting ready for Mindful ME time.

“Who remembers two ways we have learned to take care of ourselves this week?”

- Being mindful of sound / Earth Pose / By being gentle

“Today, we are going to learn another tool called Take 5 Breath.”

Play Take 5 Breath video below (3:11) or read the instructions here:

Take 5 Breath

(Can be done seated, in a chair, or standing)

(Breath 1)

- Breathe in and raise your hands over your head. Lace your fingers together.
- Breathe out and place your hands on your head.

(Breath 2)

- Breathe in and raise your hands and arms over your head again.
- Breathe out and twist to one side. Place one hand on your opposite knee and one hand behind you.

(Breath 3)

- Breathe in and raise your hands and arms over your head again.
- Breathe out and twist to the opposite side. Place one hand on your opposite knee and one hand behind you.

(Breath 4)

- Breathe in and raise your hands and arms over your head again.
- Breathe out and wrap your arms around yourself in a Shanti Hug.

(Breath 5)

- Breathe in and raise your hands and arms over your head again
- Breathe out, cross your other arm on top, and wrap your arms around yourself in a Shanti Hug

Repeat the whole sequence as time allows.

After a few rounds, pause to ask students how they feel after practicing Take 5.

“Because you are matching your breath with your movement, Take 5 Breathing is a tool you can use to connect with yourself and your body. You can always try this at your desk, at home, or in the peace place.

As time allows, share another page(s) from *The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems*.

Discuss action steps we can take to support the planet from home and school.