



BREATHE WITH ME WEDNESDAY - HAND TRACING

Supplies: Hand Tracing Card from A-Z Deck, paper and crayons/pencils in the Peace Place

Welcome students to Mindful ME.

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Use finger-touching from Monday to help students center their attention.

“Last week we learned a new breath. Who would like to demonstrate Flower Power Breath for us?”

“Now let’s all do a Flower Power breath together.”

“Breaths like Flower Power are tools we can keep in our toolbox to pull out when we would like to shift how we are feeling. Today we are going to learn a new breath to put in our toolbox. It is called Hand Tracing.”

Play the Hand Tracing Breath video below or use the instructions here:

“Tracing a finger up and down your hand as you breathe connects your mind and body. This practice can help to calm nervous thoughts and worries.

- Find a comfortable place to sit or stand. You might choose to sit with your back leaning against a wall for support.
- Hold up one of your hands with your palm facing your body.
- Use your other hand to trace up and down each finger, like a rollercoaster going up and down big hills.
- As you trace your fingers, notice the different sensations from your tracing finger, along your finger, skin, knuckles, and nails.
- Next, connect your breath to your movements.
- Breathe in as you trace your finger up; breathe out as you trace your finger down.
- Continue tracing your hand for about 1 minute.
- Place both hands in your lap and pause to notice how you feel.
- Do you feel calm or energized?

“Another way to practice this breath is to trace your hand with a crayon or pencil on a piece of paper while you breathe.

Virtual Learning: If time allows, ask students to trace their hands on paper while paying attention to their breath. Have them notice the differences between tracing with their fingers and tracing with a pencil or crayon. You can also ask them to practice this on their own.

In Classroom: Add the Hand Tracing Card to the Peace Place. Add pencils/crayons and paper to the Peace Place for practice with Hand Tracing.