

BREATHE WITH ME WEDNESDAY - COUNTING BREATH

Reading Connection: *Salma the Syrian Chef* by Danny Ramadin

Counting Breath

Encourage students to settle in their Mindful ME postures for learning. Ask students how their experiments with Mindful Tasting have been going. What new tastes/textures have they noticed?

“Today we are going to learn Counting Breath.”

Follow the instructions for Counting Breath here, or choose to play the video below:

- Find a comfortable posture (seated on the floor, in a chair, or standing).
- Hold up your hands. As you breathe in, you'll touch each finger to your thumb, starting with your pinkie finger. Count inside your head: 1, 2, 3, 4
- You'll do the same thing as you breathe out. Touch each finger to your thumb, counting inside your head: 1, 2, 3, 4.
- Repeat this breath several times, guiding students with the movements and counting until they're ready to do it on their own.
- Place your hands in your lap and breathe normally. Pause to notice how you feel after doing counting breath. What do you notice about the speed of your breathing now? What do you notice about your thoughts?

“Counting and touching our fingers as we breathe helps our minds shift away from swirling and sometimes distracting thoughts and back into the present moment. It's a great tool for focus. You could practice this before beginning a new task or when you feel like your thoughts keep drifting away from what you'd like to be concentrating on.

Continue reading the book, *Salma the Syrian Chef* by Danny Ramadin.
Connect the book to Mindfulness of Taste and to connection and compassion.