

**BREATHE WITH ME WEDNESDAY - REVIEW FLOWER POWER**

Supplies: Flor Fuerte/Flower Power A-Z Card

Reading Connection: *The Story of Ferdinand* by Munro Leaf

Review Flower Power and imagine positive scents

"Who remembers our Flower Power breath? Great! You'll need that breath for today's Mindful ME time. If you don't remember all of it, that is OK; we are going to learn it again."

Play Flower Power Breath: Imagine Positive Scents video or read the discussion below:

"This week, what sense have we been learning to be mindful of? Yes! Scent! Let's get in our comfortable seated position."

Option: Students can stand with their back against the wall

Display the Flor Fuerte/Flower Power A-Z Card and review Flower Power Breath:

- Reach up overhead with one hand
- Using the same hand reach out in front of you and pretend to pick a flower
- Bring the flower to your nose and breathe in
- Open up your fingers, let go of the flower, and breathe out, saying "Ahhh"

"This time, when we do our flower power breath, let's practice smelling the flower. Imagine the flower you are picking and breathe in the smell. Your flower might be a rose, a daisy, honeysuckle, or flower that you love to smell."

Flower Power with imagining flower scents:

- Reach up overhead with one hand
- Using the same hand reach out in front of you and pretend to pick a flower
- Bring the flower to your nose and breathe in. "Imagine the scent of your flower"
- Open up your fingers, let go of the flower, and breathe out, saying "Ahhh"

"If you don't love the smell of flowers, you can smell something different! Let's practice with a new scent! Maybe a lemon. Let's pretend we are smelling a lemon."

Flower Power as a lemon:

- Reach up over your head with one hand
- Using the same hand reach out in front of you and pretend to pick a lemon
- Bring the lemon to your nose and breathe in. "Imagine you can smell the lemon"
- Open up your fingers, breathe out, and say "Ahhh" "

Now, I want you to think about a smell that makes you feel good.

Maybe it's your favorite treat or the smell of cooking.

Maybe it is a flower smell; maybe it is a spice or herb you like. It might even be a scent you like to smell when you go outside. [Give students some time to think] This time when we pick our flower, your flower will be an awesome imaginary flower that has the smell of your favorite smell."

Flower Power:

- Reach up over your head with one hand
- Using the same hand reach out in front of you and pretend to pick a flower
- Bring the flower to your nose and breathe in. "Imagine your favorite scent"
- Open up your fingers, let go of the flower, and breathe out, saying "Ahhh"

"This is a tool we can use when we want to remind ourselves of our favorite scent and the feelings it brings to us. Your favorite scents might make you feel energized, calm, happy, content, or peaceful. You can use this tool to help shift your energy or mood if you feel like you need a shift."

If time allows, introduce the book *The Story of Ferdinand* and discuss Ferdinand's choice to smell flowers rather than fight.