

BREATHE WITH ME WEDNESDAY - LION'S BREATH

Supplies: León/Lion Card/Simhasana from A-Z Deck, Lion's Breath Coloring Page (send home)



**LEÓN / LION CARD /
SIMHASANA
A-Z CARD**

Welcome students to Mindful ME.

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, cross your hands over your heart in a gesture of loving-kindness. Encourage students to cross their hands when they are ready to listen.

"Today, we are going to learn Lion's Breath."

[Show the picture of León/Lion/Simhasana from the A-Z Card deck and read the instructions below or play Lion's Breath video]

Lion's Breath-

- Kneel on the floor and sit back on your heels.
- Breathe out and lean forward, placing your hands on the earth.
- Open your mouth wide and stretch your tongue out and down as far as it will reach.
- Open your eyes wide.
- Breathe out slowly through your mouth with a roar.
- Your breath should pass over the back of your throat.
- Practice roaring loudly and softly!

“Let’s pause to notice how we feel after doing Lion’s Breath. Pay attention to your body and your breath right now. How do you feel?”

“You can do Lion’s Breath if you’re feeling frustrated or upset. It can also be a fun breath to tie into some of the poses we’re learning.

You can use it in Child’s Pose, Downward-Facing Dog, or Cat Pose.

Feel free to mix it up and have fun with it! Let’s take Lion’s Breath and put it in our pocket. It is a tool we can use when we’d like to shift how we’re feeling.”

Send Home:

Lion’s Breath Coloring Page for students to practice with and share with family.

If time allows, revisit Loving Kindness with a meditation about sending love to animals. Play the video or refer to the Mindful ME download below.