



Belly Breathing with Our Five Senses

Mindfulness practices help regulate emotions, decrease anxiety, and increase student engagement.

Belly Breathing

Sit with both feet on the floor, back straight, hands in your lap, palms up.

1. Breathe in slowly, making your belly get big with air, through your nose for three counts
2. Hold for three counts
3. Breathe out through your mouth for three counts, gently empty out your air as your belly returns to how it was
4. Repeat two more times

Day 1 Sight	Day 2 Touch	Day 3 Hear	Day 4 Smell	Day 5 Taste
<p>What are five things you can see?</p> <ul style="list-style-type: none"> • Look around you and notice five things you had not noticed before. • Maybe something outside the window, light on the ceiling, something on my desk. 	<p>What are four things you can sense (or feel)?</p> <ul style="list-style-type: none"> • First, we are going sense the feelings of the bottom of our feet against the floor. Without moving our feet, let's concentrate on what they are feeling: <ul style="list-style-type: none"> ○ Maybe you feel the pressure of your feet on the floor or the pattern of your socks between your feet and your shoes ○ Maybe you can feel the pressure of your feet on the floor, or your shirt collar around your neck • Notice the temperature of the room, is it cold, warm, or just right on your skin? Very softly and quietly rub the palms of your hands together. Does it feel warm? What does the surface of your hands feel like? 	<p>What are three things you can hear?</p> <ul style="list-style-type: none"> • Become very quiet and still as you notice all of the sounds around you. <ul style="list-style-type: none"> ○ it could be the sound of a fan in the classroom ○ A blower outside in the distance ○ A bird singing outside ○ Or someone whispering • Whatever it is, just notice it without saying anything. 	<p>What are two things you can smell?</p> <ul style="list-style-type: none"> • Maybe you smell food cooking, someone's lotion, the laundry soap smell of your clothes • Maybe the smell is coffee or cut grass • Is it a smell that is hard to name like, the smell of a home? • Maybe you barely smell it, like trash, cars or a funny smell from outside 	<p>What is one thing you can taste?</p> <ul style="list-style-type: none"> • You can take a sip of your drink, take a bite of your snack if you have one, or just notice how your mouth tastes. • You can "taste" by opening your mouth a little and concentrating on the taste on your tongue. • You may not have a name for it, but it definitely has its own taste.

"Now slowly bring your attention back to me." *Debrief with them.*