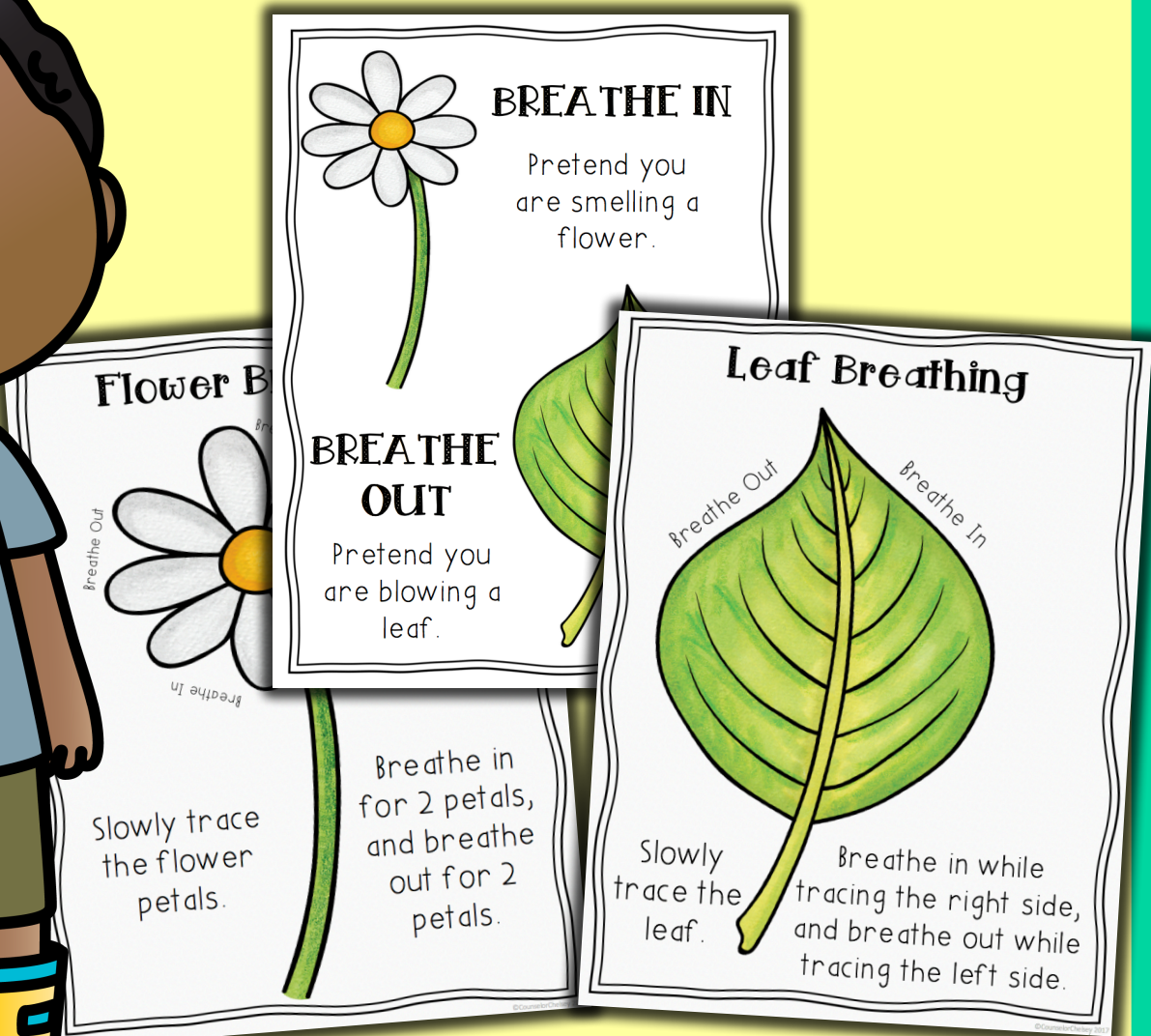
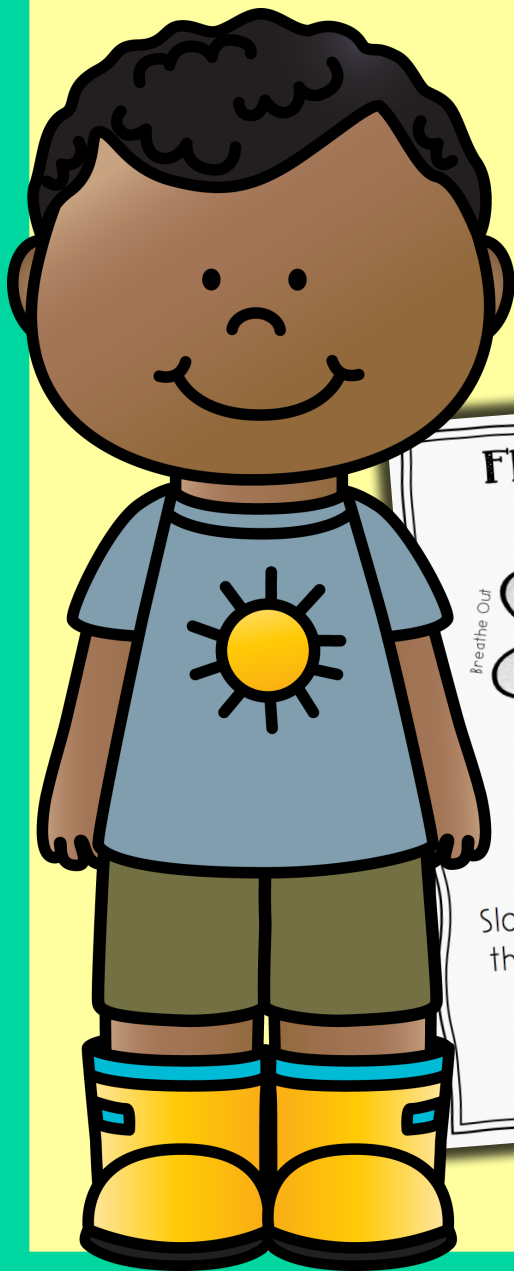


Mindful Breathing Posters

FREE



Objectives:

Students will practice mindful breathing.

What's Included:

p. 2-4: Mindful Breathing Posters

Directions:

Students will use each poster to practice mindful breathing. The poster on page 3 encourages students to breathe while focusing on smelling a flower and blowing a leaf. This will help students to practice correct deep breathing while thinking of calming imagery. The posters on pages 4-5 help give a framework to students' deep breathing, while also offering a sensory component.

Discussion Prompts:

- When you were pretending to smell a flower, what did it smell like?
- When you were pretending to blow a leaf, where did the leaf travel to?
- Did this exercise make you feel calm? Why or why not?
- Name a situation in which this type of mindful breathing would be helpful.
- Why is it important to stay calm?

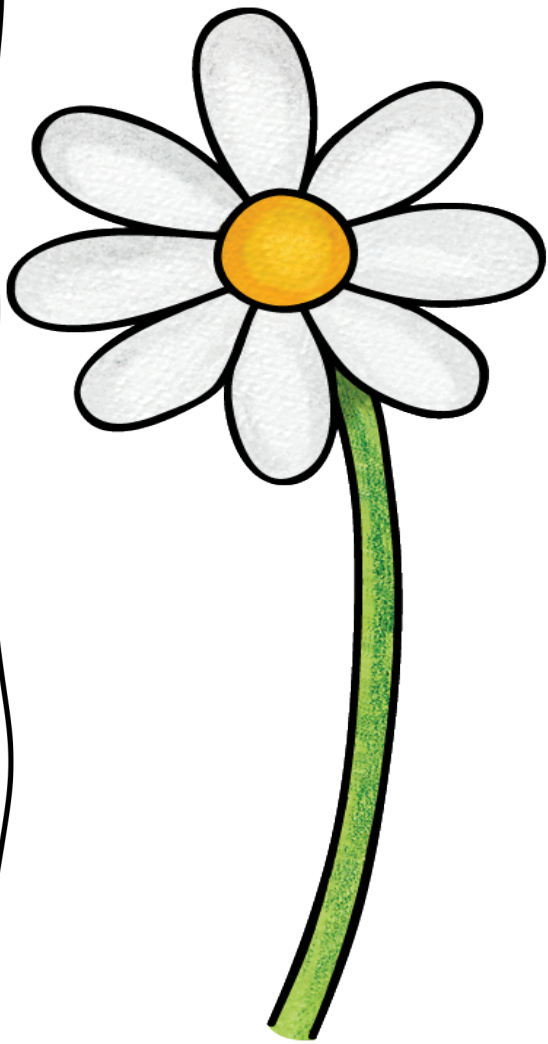
Fonts and Graphics Provided by:

<https://www.teacherspayteachers.com/Store/Kimberly-Geswein-Fonts>

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BREATHE IN

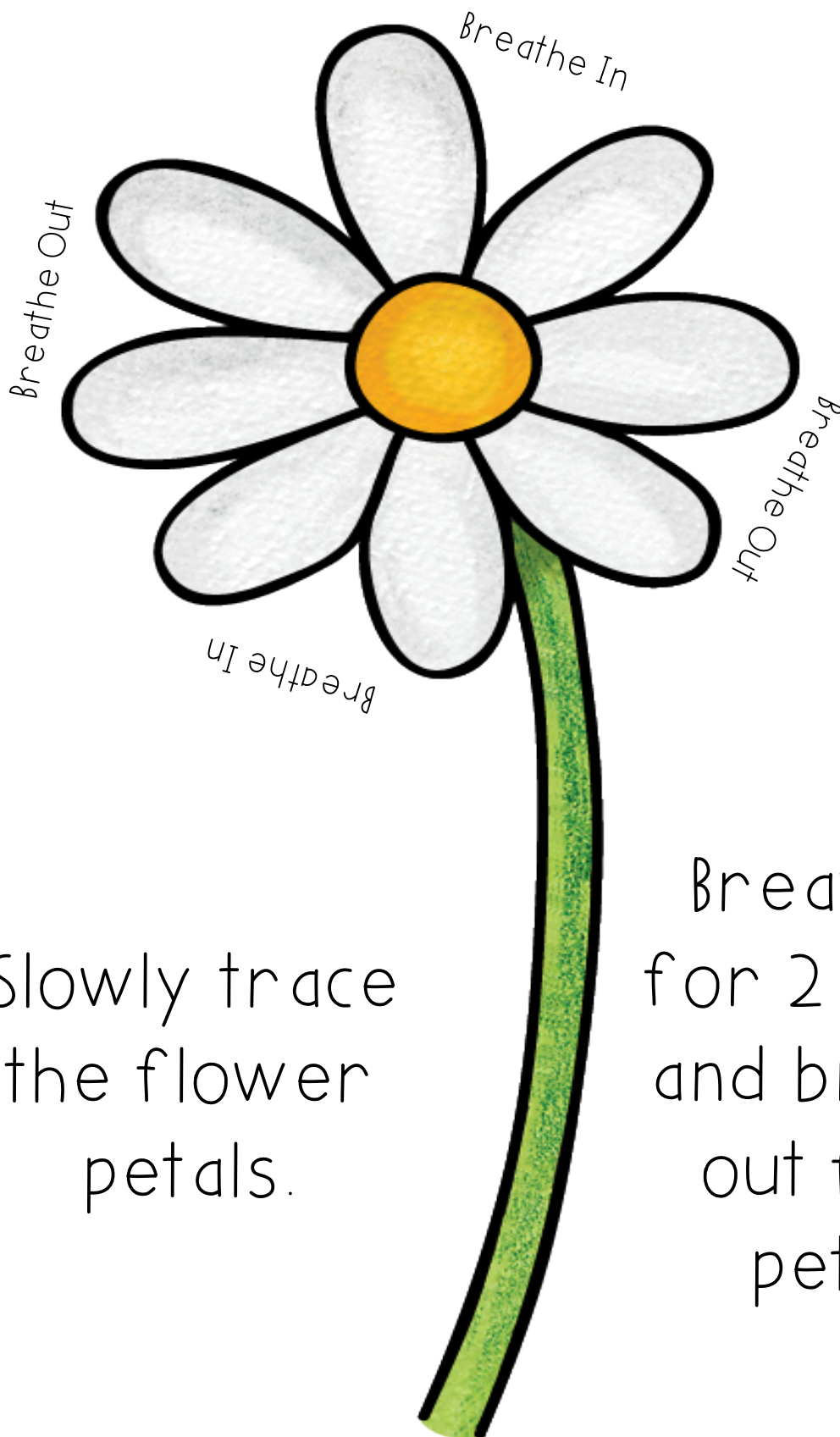
Pretend you
are smelling a
flower.

BREATHE OUT

Pretend you
are blowing a
leaf.



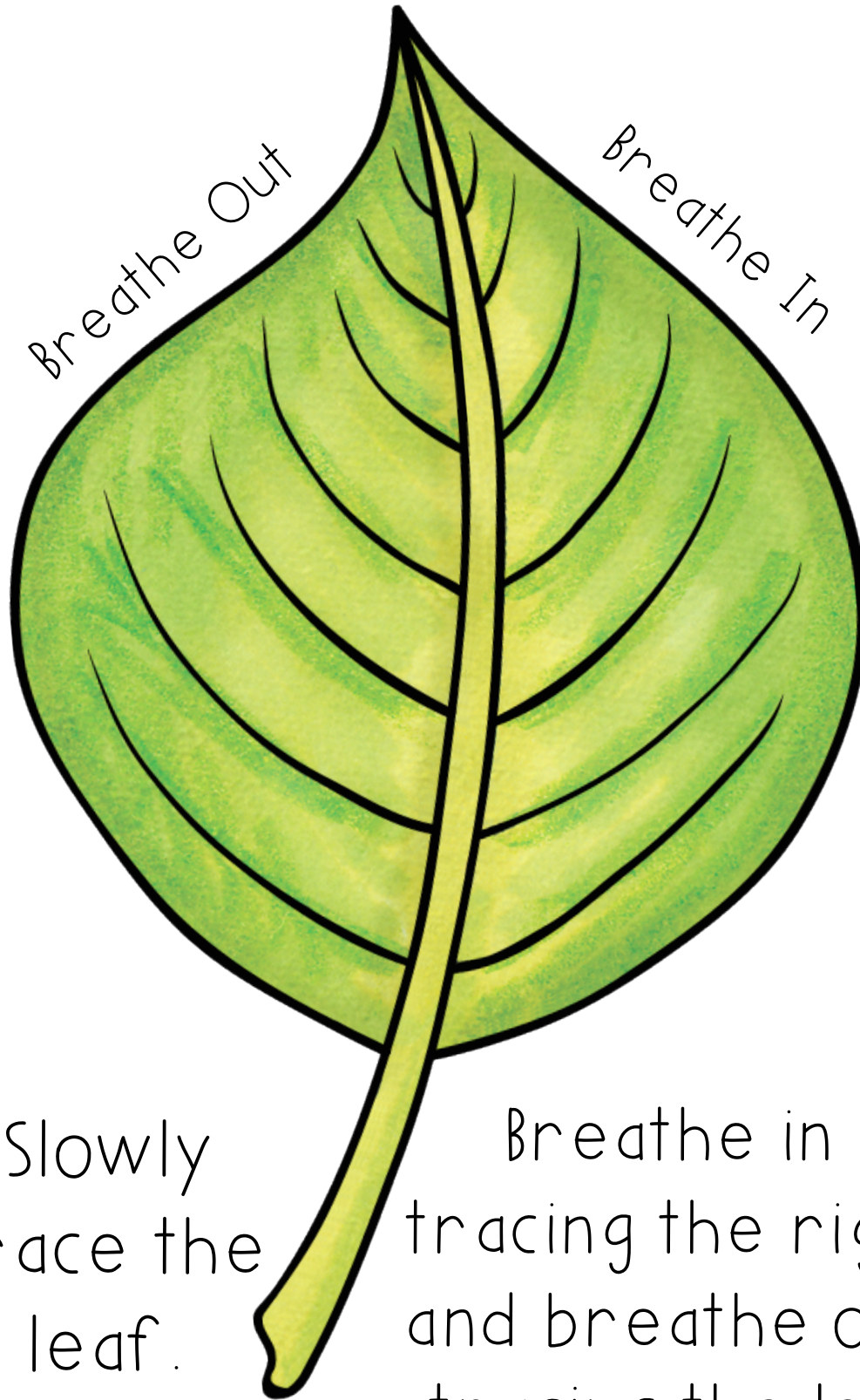
Flower Breathing



Slowly trace
the flower
petals.

Breathe in
for 2 petals,
and breathe
out for 2
petals.

Leaf Breathing



Breathe Out

Breathe In

Slowly
trace the
leaf.


Breathe in while
tracing the right side,
and breathe out while
tracing the left side.

Love This Resource?

These mindful breathing posters are a part of a larger, spring themed mindfulness packet! This packet includes 8 mindfulness resources, and 6 additional ways to practice mindfulness with your students.

Name: _____

Mindful Nature Walk



Mindfulness is being aware of what is happening in and around our bodies. Sometimes these things can be hard for us to notice, so it is a good idea to stop and be aware of

| | |
|----------------|---------------|
| Animals I see: | Plants I see: |
|----------------|---------------|


Spring Memory

Part of mindfulness is being fully engaged in our thinking. This can be done by focusing on a specific memory and trying to remember everything you can about that memory.

What is my favorite spring memory?


Who was there?

This word makes me think: This word makes me feel:



Bugs

BREATHING POSTERS




BREATH IN

Pretend you are blowing a leaf.

BREATH OUT


Pretend you are blowing a leaf.

I Am A Growing Plant




Sit with your back straight and feet on the ground. Close your eyes and imagine you are a plant growing tall. As you breathe deeply, stretch your body to the ceiling.

I Can Notice Many Colors




Sit quietly and breathe deeply. As you do so, notice what is around you. Try to find at least one object for every color of the rainbow.

Leaf Breathing




Close your eyes and begin to breathe deeply. As you do so, pretend that you are blowing leaves. Imagine what the leaves look like as you are blowing them. What do they sound like?

On A Cloud




Close your eyes and imagine that you are floating on a cloud. What does your cloud feel like? Is it soft or hard? Is it warm or cold? Is your cloud white or is it another color? Try to imagine everything you can about floating on your cloud.

Buzzing Bee



Close your eyes and take a deep breath. Very quietly, make a buzzing sound, like a bee would make, with your mouth. Notice what this buzzing feels like in your mouth and in your throat. Focus on this for 30 seconds.

Umbrella Breathing



Close your eyes and begin to breathe deeply. As you breathe in, imagine your belly expanding like an umbrella opening. As you breathe out, imagine your belly getting smaller like an umbrella closing.

MINDFUL KITE

Directions: Answer the prompts within the kite. Then, read the mantras on the bows. Cut out the kite and the mantras that you like. Attach a string to the kite, and then glue or tape the bows to the string.

Mindfulness makes me feel:

I can practice mindfulness by:

I can let my worries go.

I can notice my body.

I can stay focused.