



BREATHE EASY

OVERVIEW

In this activity, you will practice various mindfulness and breathing exercises to add to your Game Plan.

OBJECTIVES

In addition to common classroom materials and an Internet connection, you will need:

- Any materials needed for your chosen mindfulness and breathing exercise

INTRODUCTION

Now it's time to practice mindful breathing! After completing this activity, you should come to class prepared to share an exercise you found, demonstrate how to do the exercise, and share why you chose that particular exercise.



ACTIVITY STEPS

STEP 1

Look online for a variety of mindfulness and breathing exercises. You can start by checking out these links:

- [Stress Management: Breathing Exercises for Relaxation](#)
- [10 Breathing Techniques for Stress Relief and More](#)
- [8 Deep Breathing Exercises to Reduce Anxiety](#)
- [Relaxation Exercises: Breathing Basics for Teens](#)
- [25 Fun Mindfulness Activities for Children and Teens](#)
- [1-Minute Mindfulness Exercises](#)
- [6 Mindfulness Exercises You Can Try Today](#)

STEP 2

Select one of your favorite exercises. Then, get ready to share this activity with your classmates. You can choose to share it in one of these ways:

- Prepare for a live, participatory mini-presentation.

- Create a video of you, or a friend, leading the exercise.
- Create written step-by-step instructions with diagrams showing your friends how to do the exercise.
- Prepare any other presentation format your teacher approves in advance.

STEP 3

As you're working on your presentation, make sure to consider the following:

- Does my presentation have a calming tone?
- Are the directions clear?
- Is the presentation an appropriate length to show the exercise?
- Did I include all of the necessary steps?
- Do I explain how these exercises are beneficial to your body and mind?

HOME CONNECTIONS

Show the presentation to your household members to get feedback before the presentation.