

# Mindful breathing



Lifesaving  
education programs

## Extension for staying fit and healthy

Participants will practise a mindful breathing activity that they can use if they ever feel nervous or anxious.

- 1 Sit participants in a circle.
- 2 Talk about how controlling our breathing can help slow our heartrate and calm our minds, which can help during stressful or scary times.
- 3 Explain that mindfulness means to focus our awareness on one thing in the present moment, such as our breathing.
- 4 Students will place one hand on their belly and one hand on their chest. They may choose to close their eyes or have a soft gaze to the ground.
- 5 Students will breathe in slowly for 4 counts, and then breathe out slowly for 4 counts, through their nose.
- 6 Students should focus on the rise and fall of their chest and belly while they are breathing.

