Menu of Mindful Practices

In MPS, we are defining mindfulness as the “purposeful awareness of our thoughts, emotions, physical feelings, and environment in the present moment, without judgment.” All SAIG lessons should start with a mindful practice. The facilitator of the SAIG can use any mindful practice they are comfortable with using with the group. Additional ideas can be found at Children’s Hospital of Wisconsin.

Breathing Exercise Cards

Hand Breathing

3-Minute Breathing Space

Hoberman Sphere®

Conscious Breathing

Take 5 Breathing

Deep Breathing Printables (free)

Figure 8 Breathing

- Sit or stand mindfully.
- Place your finger in the middle of the figure 8.
  - Slowly follow the directions on the pattern for inhaling and exhaling.
- Repeat several times.

Hands over Heart Breathing

Firecracker Breathing

- Press hands flat together in front of your heart (the fireworks).
- Breathe in, and as you inhale, the rocket takes off up the center of your body until arms are above your head.
- Clap.
- Then exhale out, with your fingers sparkling downward to be the exploding fireworks.
- Repeat.
• Breathe in counting to 4.
• Hold while counting to 7.
• Breathe out counting to 8.
• Repeat.

Water Faucet Breathing

• Put your arms outstretched, sides of fists touching.
• Squeeze hands tight and breathe in.
• Exhale and release fingers, sprinkling water down making a shhhhh sound.

Sense Breathing

• Inhale while pretending to smell a rose.
• Exhale while pretending to blow out a candle.
• Inhale while pretending to suck through a straw your favorite milkshake.
• Exhale while pretending to blow out your birthday candles.
• Repeat.

Ocean Breathing

• Using flat and firm hands, flatten each ear with a hand (right hand on right ear, left hand on left ear).
• Breathe deeply 5 times (you can change the number of times to reflect your population of students).

Elevator Breathing

• Lie down, flat on back, legs extended, arms at side.
• See how big you can make your belly with each deep breath.

Elephant Breathing

• Hold your hands in your lap with your thumbs resting next to each other.
• With each inhale, raise your thumbs up, and with each exhale, bring them back to rest.

Quiet Coyote

• Hold up your hand in the air like a quiet coyote.
• With each belly breath, slowly drop your thumb.
• Exhale.
• Repeat.
Butterfly Breathing

- Clasp your hands together like you are begging, while trying to get forearms and elbows to touch.
- Squeeze your hands and arms together.
- Breathe out.
- On the inhale, keep hands clasped and slightly under the chin.
- Lift your elbows a bit above your shoulders.
- On the exhale, bring your elbows down so they can touch again.
- Repeat.

Shark Fin Breathing

- Get into your mindful sitting position.
- Place your hands in front of your face, like a shark fin.
- Start to lower your hand to your heart while saying “Sit straight, sit still, sit silently, shut eyes, softly breathe. I have the power to make wise decisions.”
- Repeat.

Blowfish Breathing

- Cup your mouth to your hands (like a mask).
- With each inhale open your hands like gills.
- Repeat.

Crocodile Breathing

- Put your arms out straight.
- Place hands together (right arm above left arm).
- Breathe deeply while raising right arm.
- Exhale while bringing your right arm back to lie on your left arm.

Buzzing Bee

- When you inhale, pretend you are sucking in honey.
- When you exhale, make a buzzing sound (buzzzzzzzzzzzzzzzzzzz . . .)
- Repeat.

Dragon Breathing

- When you inhale, make dinosaur (T-rex) hands.
- When you exhale, breathe out like you are breathing out fire and bring hands down.
- Repeat.

10 mindful movements (illustrated)