**Hoberman Sphere®**

1. Sit or stand mindfully.
2. Slowly expand the sphere while breathing in at the same, even rate.
3. Slowly contract the sphere while breathing out at the same, even rate.
4. Repeat several times.

*Can be used to guide through Heart Focus, I Am Calm.*

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**Hoberman Sphere®—Morning Meeting**

1. Please take a moment to pause so we can all breathe together by using the sphere.
2. Begin to come into stillness, letting go of the morning and all that has taken place before coming to school. If you are in a chair or on the floor, sit up nice and tall. If you are standing, press your feet into the earth and lengthen through the spine.
3. Let’s begin with shoulder circles...taking our shoulders up to the ears...back and down. Do this two more times.
4. Breathe in and lift the shoulders up to the ears...and breathe out as you bring your shoulders down. One more time.
5. Now begin to watch the breathing ball, or close your eyes and begin.
6. Breathing in...let the belly puff up, and breathing out...let the belly move back toward the spine. Again, breathing in...and out. Six more times. Inhaling and exhaling...five more...
7. Take a moment to notice how your body and mind feel after taking eight deep breaths. Know that at any time today when you feel frustrated, angry, or nervous, you can come back to your breath and find center.
8. Have a great day! We are so glad you are here.