



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.

4-7-8

- 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 shhhhhh 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.

