Mindfulness
Breathe
Boards

Just Breathe

BREATHE IN

BREATHE OUT

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Mindfulness Breathe Board • Educator Guide

What is Mindfulness?

Mindfulness is a growing trend with very old roots. Based off of ancient meditation techniques, mindfulness encourages one to be present in the moment with thoughts and feelings, but without making judgements. It allows people to give their brain a break, something kids and young adults so often need.

Practicing mindfulness on a regular basis encourages a number of positive health effects, including more positive emotions, stress reduction, stronger immune system, increased focus and attention, greater empathy and compassion for others, decreased levels of anxiety/depression, and greater emotional control.

Mindfulness is a great strategy for kids and young adults of all ages! It can be helpful to practice mindfulness before a big test, after a transition, or just in the morning to start the day on a more positive and calm note.

What is a Breathe Board?

A breathe board is a tool help students understand and practice mindful breathing in a more concrete and visual way.

Learners can use these Mindfulness Breathe Boards to start their mindfulness practice. Just have students follow their finger around the figure as they slowly breathe in and out. This should be completed several times. Note that these Breathe Boards can be placed on a student's binder, on their desk, in a calm down area, or anywhere the student might need.
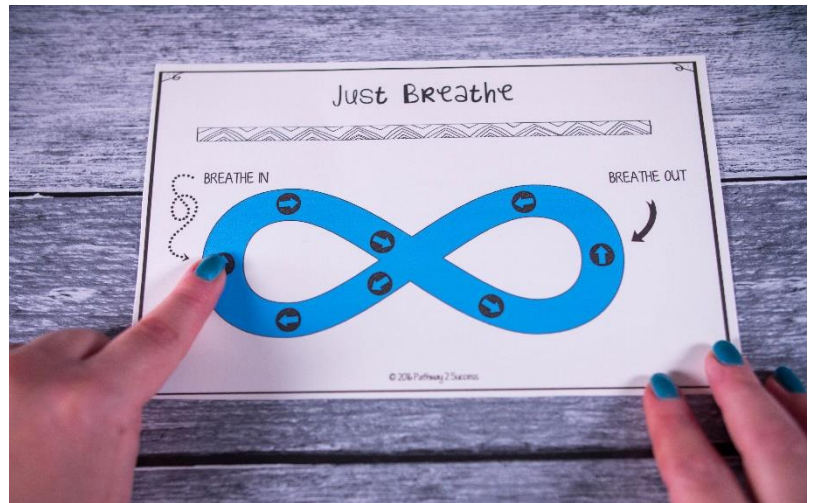
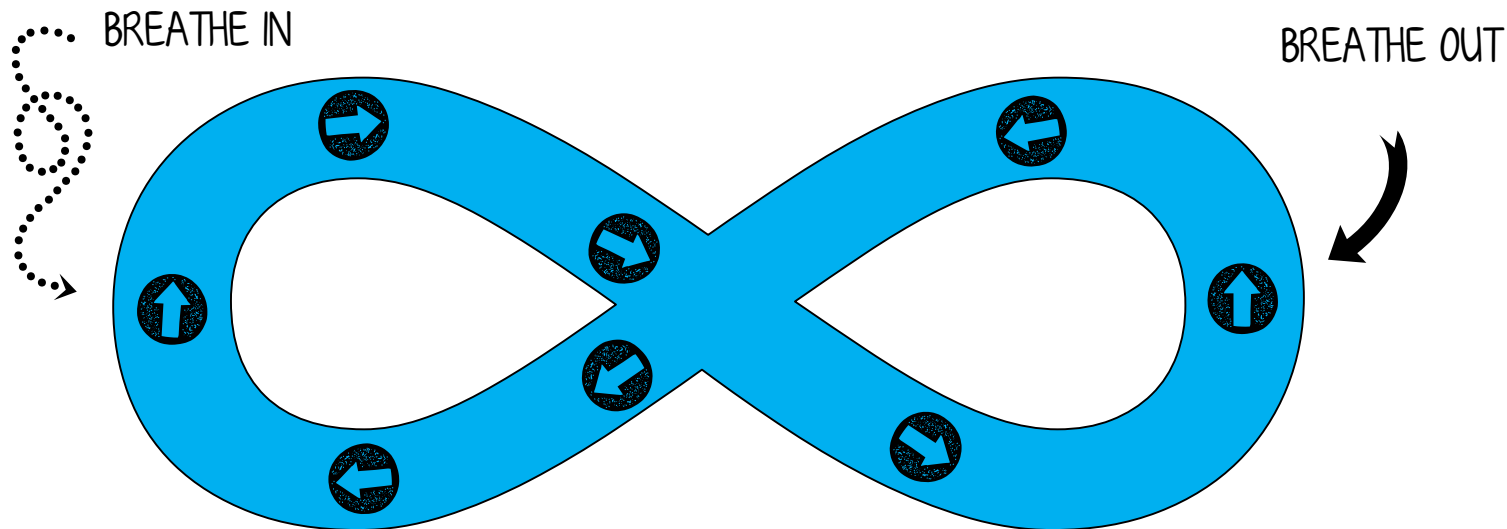## How Else Can We Practice Mindfulness?
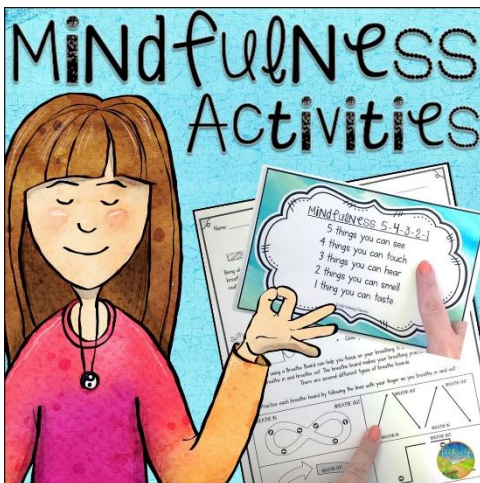
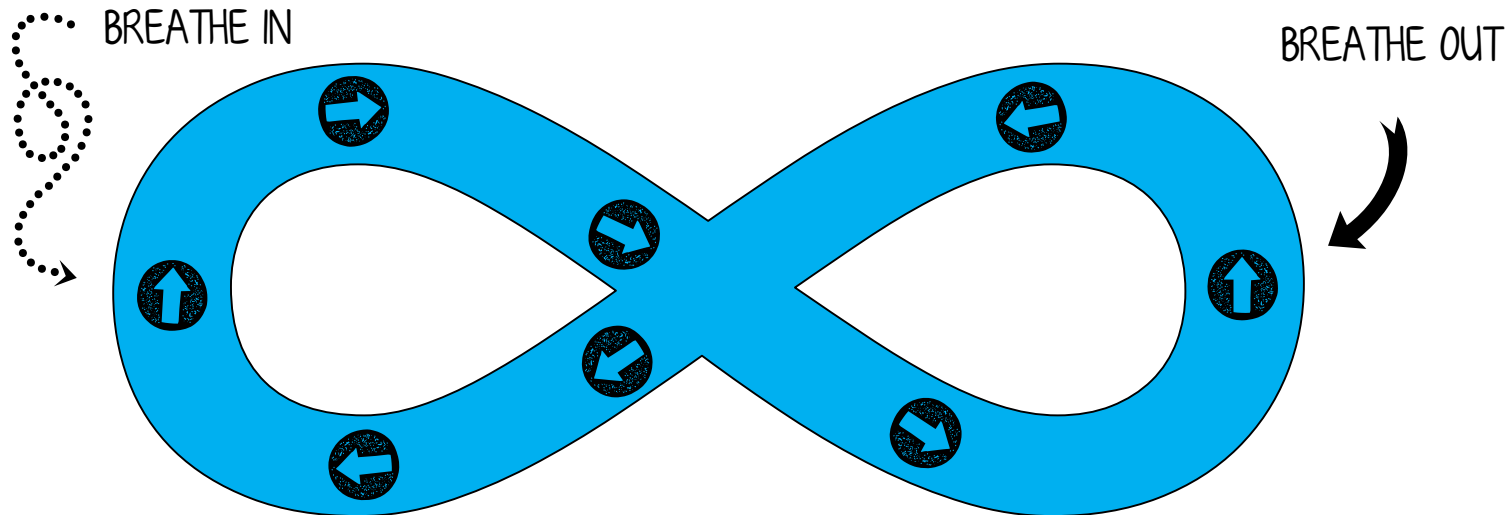Use these lessons and activities to explicitly teach and practice mindfulness in a variety of ways!
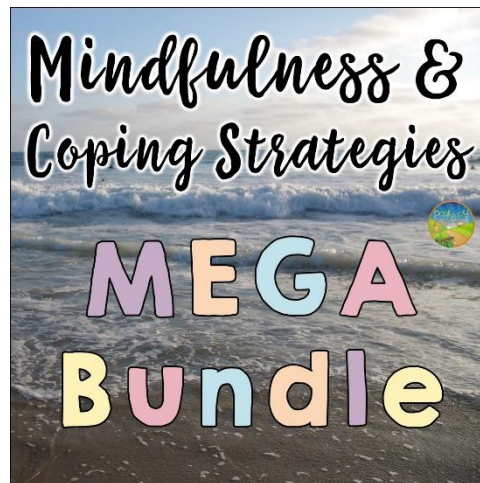
This huge set of activities, lessons, and crafts cover mindfulness and coping strategies for all learners.
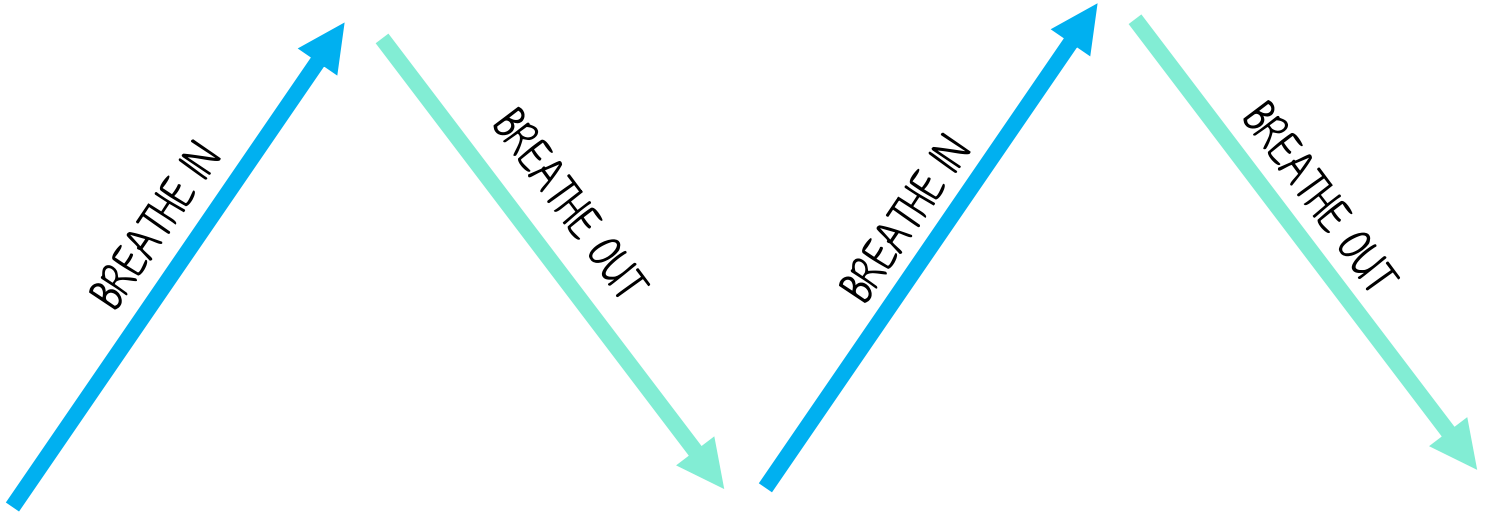
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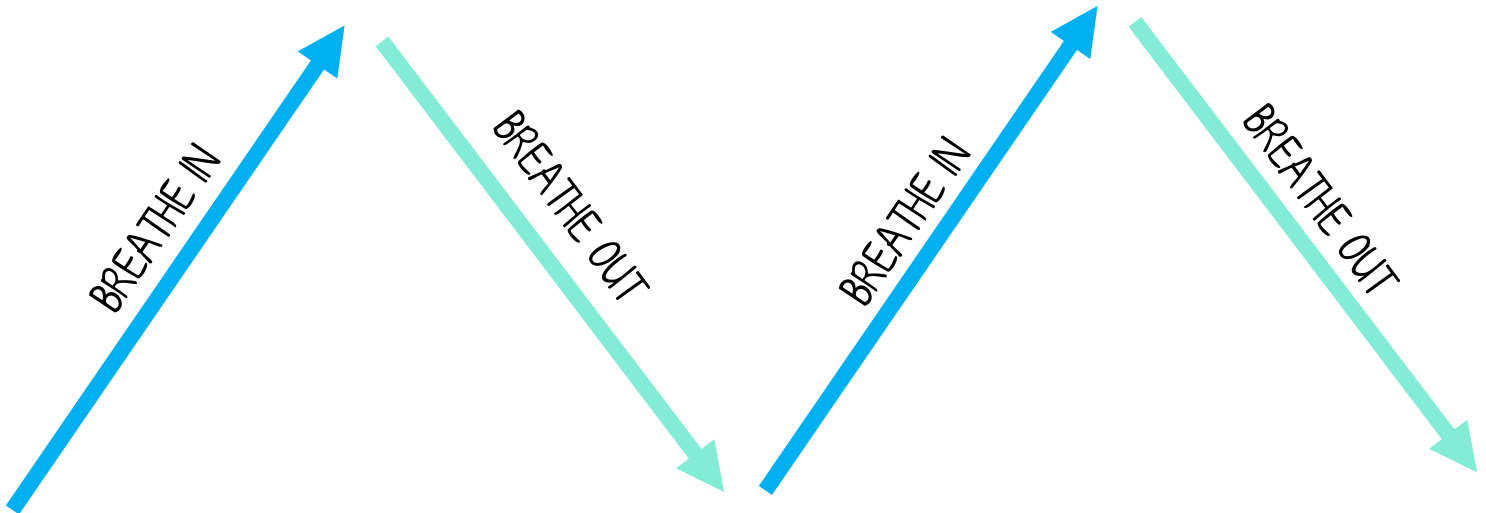

Just Breathe

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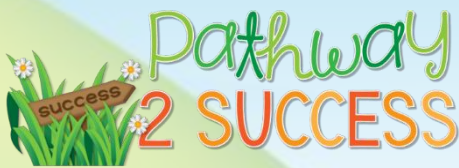
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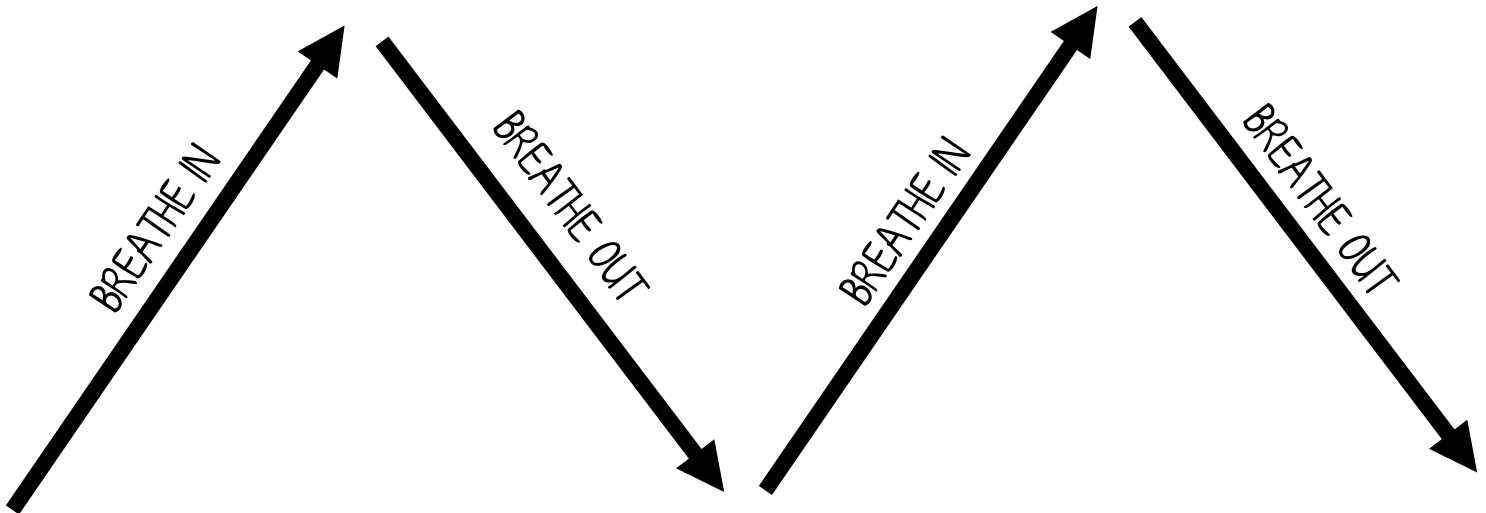
About the Author

Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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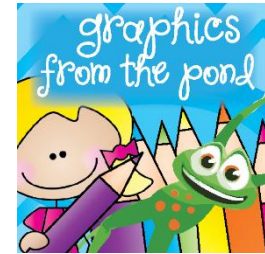
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