

Mindful Moment

Rainbow Breathing-

This a simple breathing activity which could take 2 minutes out of each day and can be facilitated as a whole class. Might be ideal to do this at the start of the day or after transition from less structured time (ie playtime or lunch).

Ask the children to sit on the floor with their legs crossed (or in chair if limited space- but move away from desk) and their hands on their knees. They can choose to close their eyes if they would like to.

Encourage children to inhale (through their nose) and arch their back and look up. Then exhale (through their mouth) and round their back and look down.

Repeat this seven times, breathing each shade of the rainbow- as they breath in encourage children to think about the lovely bright colours filling their bodies from their top to their toes with lots of energy and positive feelings.

Rainbow breathing cleanses your whole body and helps us to feel bright, relaxed and ready to learn.

Ask children to comment on how they feel after doing this activity and remind them that relaxed breathing is especially important when we are becoming worried, angry or feeling sad to help reduce long term negative impact of these feelings.