



*Effectively Integrating Mindfulness,
Social and Emotional Learning, and Conflict Resolution
to Create a Kinder and More Positive School Climate*

Core Curriculum Grades 1 and 2 Sample Lesson

Week 10: Wave Breathing

Objectives: Experiment with deep breathing.

Learn Wave breathing.

Practice kindness.

Prepare: A bell or chime

Your Kindness Pals list and Talking Object

“Create Your Own Way of Breathing” Worksheet



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Mindfulness Practice

1. Introduce Wave Breathing.

You might say:

Today I'm going to teach you a new way of breathing. It's called Wave breathing. Can anybody show the motion of a wave with your arms?

We're going to do a similar movement while we do our deep breathing. Let me show you.

Demonstrate: Breathe in while you lift your arms in an upward wavelike motion and then breathe out as you bring your arm down like “the wave” that people do at sports events. Do this a few times.

Now let's try it together. Let's get into our mindful bodies. Let's take three deep wave breaths.

2. Create your own way of deep breathing.

Say: *Great! Now let's think of more ways to do our deep breathing. Let's breathe like a _____.* (choose your own peaceful metaphor, such as a flower or a butterfly).

Demonstrate your own way of breathing, and ask the children to follow you.

Say: *Can you think of some ways other ways that we could breathe?*

Let everyone have a chance to demonstrate their ideas, and let everyone try each creation once or twice. Remind the children that the movement should be slow and peaceful to go along with the gentle feeling of deep breathing.

3. Practice your own way of deep breathing.

Invite today's Mindfulness Helper (MH) to come to the front of the class to sit next to you on a chair (or next to you on the floor).

Say: *Let's all be happy for _____.* (sign language applause)





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Prompt the MH to choose another student to turn off the classroom lights.

Say: *Let's all be happy for _____.* (sign language applause)

Say: *The Mindfulness Helper is going to get us set up. When s/he says "Let's take three deep breaths...", you can do your breaths any way that you want to. You can do the breathing that you just created, or you can do someone else's. Just make sure that your breaths are slow and quiet.*

Prompt the MH to say: "Let's get into our mindful bodies. Let's close our eyes. Let's take three deep breaths."

Now listen for the sound of the bell. Try to listen to the whole sound of the bell. Open your eyes when you cannot hear it anymore.

Ask the MH to ring the bell when the mindful breathing is complete.

Ask the MH to choose a classmate to turn the lights back on.

Ask the MH to return to his or her seat.

4. Draw new ways of breathing on the "Create Your Own Way of Breathing" worksheet.

Invite the students to draw a picture of their new way of breathing. See worksheet in Resource section.

Kindness Pals

Do the Kindness Pal activity as before.

Closing Words: *Let's have a nice quiet moment with the bell. You can close your eyes or leave them open, but let's sit quietly and listen to the bell. If you want to you can think about your new Kindness Pal and imagine yourself doing something kind for him or her.*

Ring the bell or chime. *Thanks for a great class, everyone.*