



Counseling Virtual Learning

5th Grade Mindfulness Introduction

April 6, 2020



5th Grade Counseling Lesson: April 6, 2020

Learning Target:

Students will define mindfulness and practice belly breathing

Background:

- Students learn about mindfulness in monthly counselor lessons
- Students learn about belly breathing in monthly counselor lessons
- Students practice taking slow breaths to help them feel calm on a regular basis during school

Let's Get Started:

Watch Videos:

1. [What is Mindfulness?](#)
2. [Kids Explain Mindfulness](#)

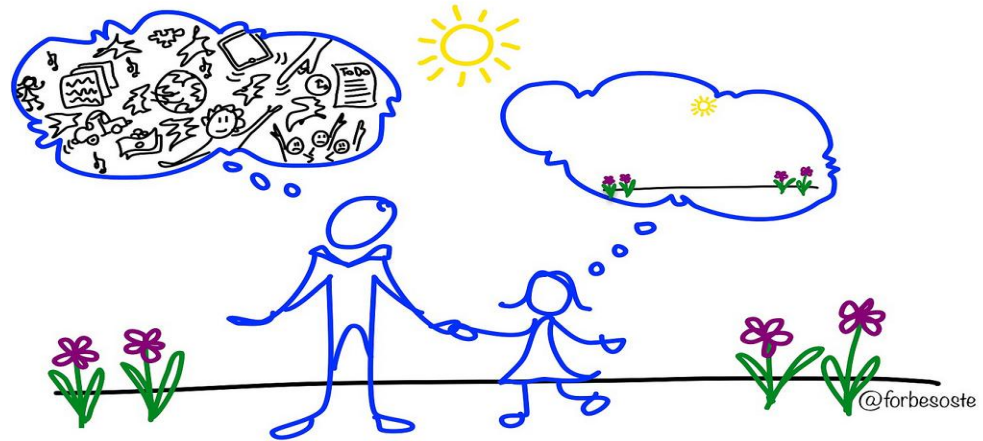
Practice #1:

What is mindfulness?

Mindfulness means paying full attention to something. It means slowing down and using your senses to really notice what you are doing or what is happening around you in that moment.

Stop now and set a timer for one minute. Sit quietly...what is one thing you notice?

Mind Full, or Mindful?



Practice #2: Belly Breathing

Now let's practice belly breathing. Sit comfortably with a straight, but relaxed posture. Inhale and exhale slowly, filling your belly and lungs. In through your nose, out through your mouth.

Watch this gif to help pace yourself.

Practice this type of breathing at least three times.



Practice #3: Putting it together

First:

Set a timer for 2 minutes. During this time, close your eyes and practice belly breathing. Sometimes it helps to count each inhale and exhale.

Breathe in on 1, out on 2, in on 3, out on 4...all the way to 10 and then start over at 1.

Second:



After the 2 minutes answer these questions:
What did you notice?
Did you keep your count or did your mind wander?
Remember, mindfulness has no judgement. It is okay if your mind wandered. With more practice, you will improve!

On your own:

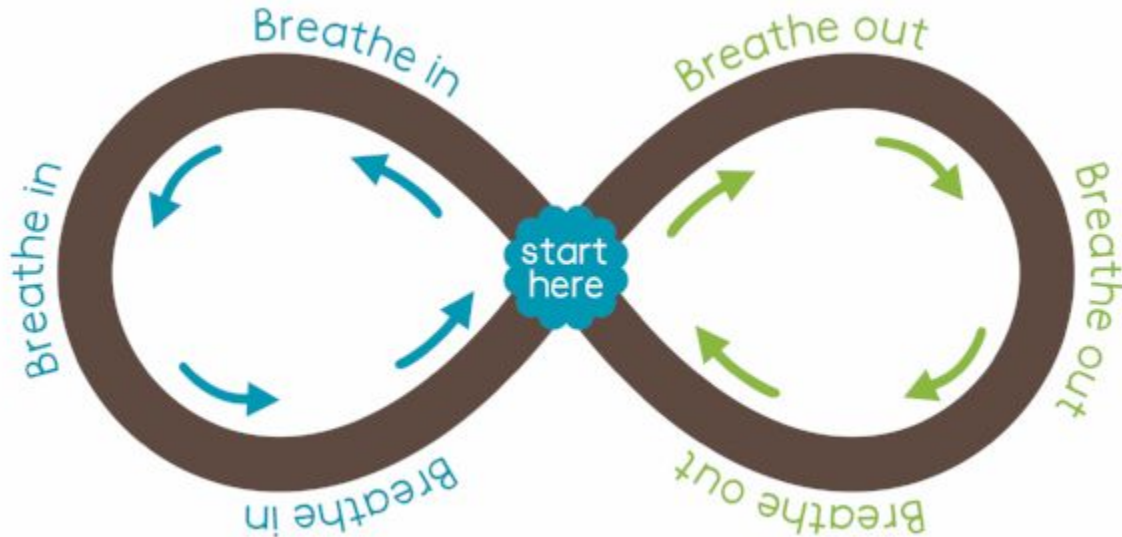
Go to this video:

[Mindful Breathing: 3 Minute Guided Breathing](#)

1. Be sure to skip ads
2. Listen to the video and follow the directions
3. After the video is over (listen for the chime)...
4. How do you feel?

Practice:

You can use this as another way to practice your breathing. Use your finger to trace in the direction of the arrows. Remember to trace slowly.



Self Check:

Go tell someone in your home your answers.



1. Explain mindfulness.
2. Demonstrate belly breathing and have them try the 3-minute breathing video with you.