

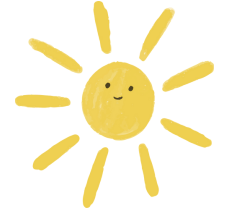
SPRING MINDFULNESS BREATHING & COLORING

Low prep mindfulness activities
for elementary students.



WHAT YOU'LL LOVE

Low prep mindfulness activities for elementary.



Clear student directions.

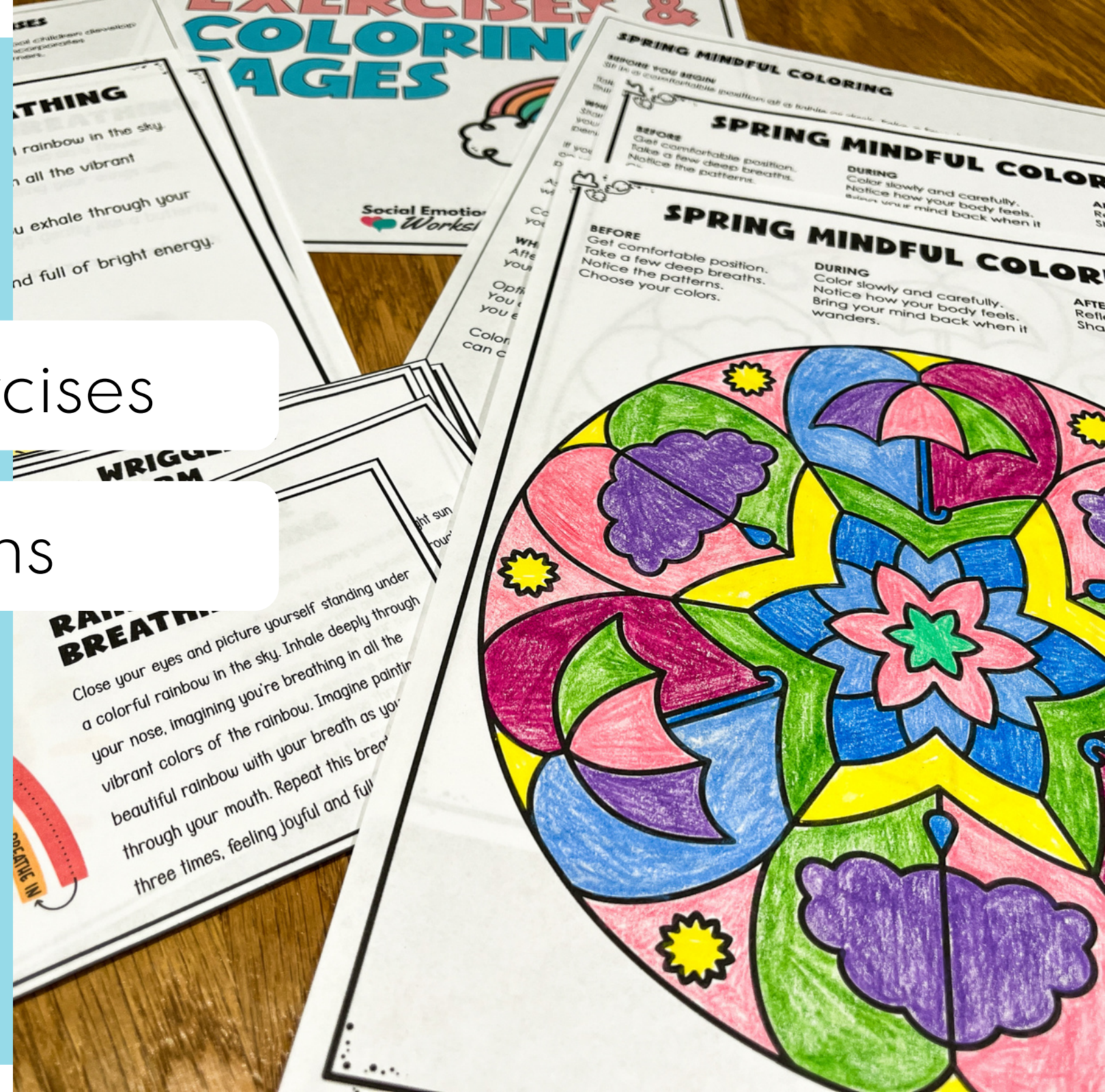
Editabile slides so you can modify directions.



Easily add to lessons for additional practice.

WHAT'S INCLUDED

- ✓ 5 breathing exercises
- ✓ 5 coloring designs
- ✓ Editable slides
- ✓ Easy directions



5 SPRING THEMED BREATHING EXERCISES

Butterfly, Rainbow, Worm, Leaf, Sun

Size: Poster & Card



SLIDES WITH EDITABLE TEXT

Edit the directions to suit your students and lesson.

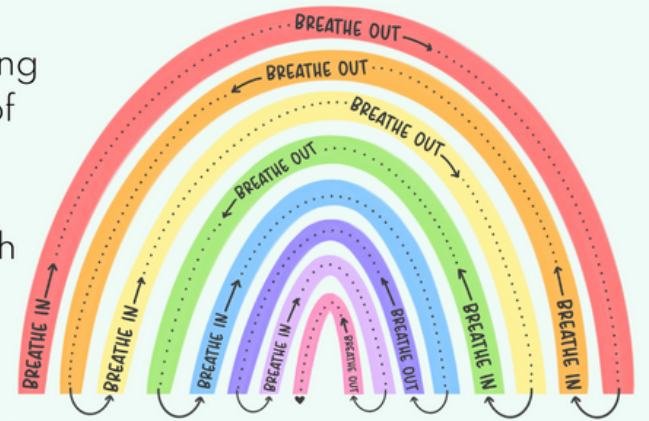
COLORFUL RAINBOW BREATHING

Close your eyes and picture yourself standing under a colorful rainbow in the sky.

Inhale deeply through your nose, imagining you're breathing in all the vibrant colors of the rainbow.

Imagine painting a beautiful rainbow with your breath as you exhale through your mouth.

Repeat this breathing exercise three times, feeling joyful and full of bright energy.



Social Emotional
Workshop

SPRING THEMED COLORING PAGES

5 designs for spring
with directions to focus
the activity on
mindfulness.



HELPFUL STUDENT DIRECTIONS

Directions that will help students practice mindfulness and reflection.

SPRING MINDFUL COLORING

BEFORE YOU BEGIN

Sit in a comfortable position at a table or desk. Take a few deep breaths in and out.

Take a moment to look at the design in front of you. Think about how you might like to color it. You can use a pencil, or marker on the page. Take your time.

WHILE YOU COLOR

Start coloring the design slowly and carefully. Pay attention to the texture of the pencil, or marker on the page. Take your time.

If your mind starts to wander, gently bring your focus back to your breathing or the coloring activity. Let yourself be present with your coloring.

As you color, think about things you are grateful for. Express your gratitude with each finished section.

Continue coloring the design until you have filled in your finished creation.

WHEN YOU FINISH

After you finish coloring, take a moment to reflect on your mood or energy level. How did it feel to finish?

Optional Sharing

You can share your design and talk about your experience with your friends.

Coloring can be a wonderful way to relax, express yourself, and you can continue to use this activity whenever you need a moment of calm.

SPRING MINDFUL BREATHING EXERCISES

These mindful breathing exercises are designed to help elementary school children develop focus, reduce stress, and promote a sense of calmness. Each exercise incorporates engaging visuals to make the practice more engaging for younger learners.

How to Use

Introduction: Start by introducing the concept of mindful breathing in a simple and age-appropriate manner. Explain that these exercises can help them feel calm, focused, and ready to learn.

Set the Environment: Find a quiet, comfortable space for children to sit or stand without distractions.

Select a Visual: Choose one of the visual prompts – butterfly, leaf, sun, rainbow, or worm.

Guided Practice:

- **Butterfly Breathing:** Guide the children through the butterfly breathing exercise using the provided script. Encourage them to imagine themselves as butterflies and to flutter their wings gently.
- **Leaf Breathing:** Lead the children through the leaf breathing exercise, asking them to picture themselves as leaves floating on a gentle breeze.
- **Sun Breathing:** Direct the children through the sun breathing exercise, helping them visualize themselves as bright suns shining in the sky.
- **Rainbow Breathing:** Lead the children through the rainbow breathing exercise, encouraging them to imagine standing under a colorful rainbow in the sky.
- **Worm Breathing:** Guide the children through the worm breathing exercise, prompting them to picture themselves as happy little worms wriggling in the soil.

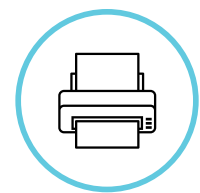
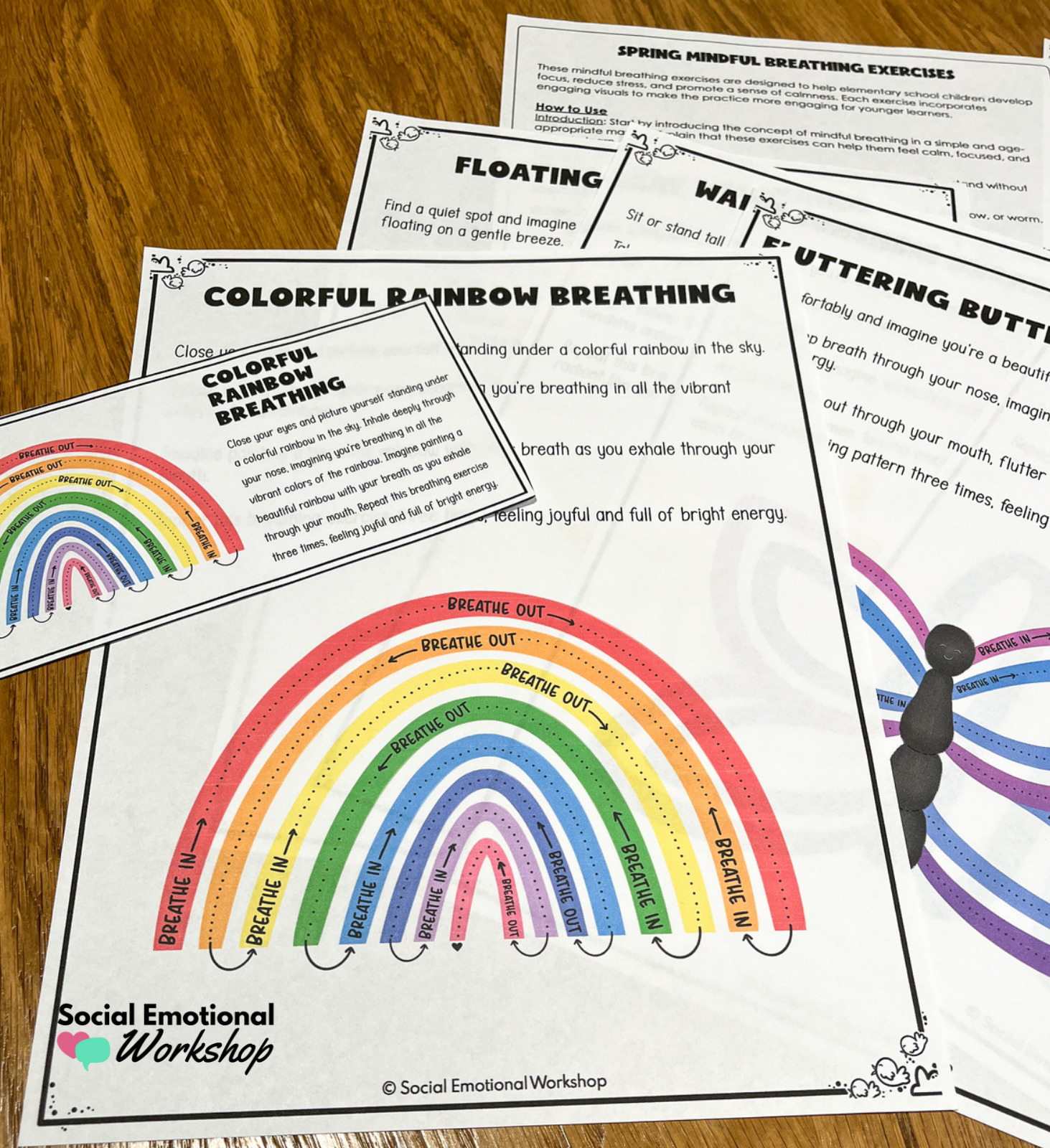
Practice and Repeat: Encourage the children to practice each breathing exercise several times, repeating the process to reinforce the benefits of mindful breathing.

Reflect and Discuss: After completing the exercises, facilitate a brief discussion to help the children reflect on their experience. Ask open-ended questions such as:

- How did you feel during the breathing exercises?
- Did you notice any changes in your body or mind?
- When might it be helpful to use these breathing exercises?

Integration: Encourage children to use these mindful breathing techniques whenever they need to calm down, focus, or relax, both in the classroom and at home.

Educators and counselors can support emotion regulation by incorporating these mindful breathing exercises into the school day.



Color and blackline



Best for 2nd to 5th grade



Editable Powerpoint Slides



Low prep practice

YOU MIGHT LIKE

SEL TOOLKIT

YOGA CARDS & POSES

