

Mindfulness Exercise of the Week

The Breathing Buddy Meditation

Lie down on your back with your breathing buddy (a stuffed animal, toy, ball, etc.) Rest your breathing buddy on your stomach. Set a timer for 5 minutes. Close your eyes and take full deep breaths (in and out), while balancing the breathing buddy on your stomach. If the breathing buddy falls off, place it back on your stomach and keep your eyes closed and body relaxed. Focus on your breathing. Once the time is over, slowly open your eyes.

Think about these questions and answer them:

- 1) How you were able to balance your breathing buddy on your stomach? What skills did you use to balance your buddy?
- 2) If your breathing buddy kept falling off, should you have chosen another one? If so, what other breathing buddy would you choose and why?
- 3) What were you thinking about while you were performing the exercise?



Importance of this Exercise

- 1) This exercise helps the child and adult by creating an awareness of the surrounding environment and remain focused on what is happening at the moment.
- 2) Slow deep breathing exercises signal our nervous system to relax and keep our body calm, which allows us to lower our stress level and heart rate.