

## Breathe Meditation\* \*\*

In this exercise sit in a quiet and comfortable location with your back against the wall or in your favourite chair. Place your hands in your lap. Close your eyes and move your attention from the outside world into the inside world of your body and the physical sensations occurring right now. Notice as many sensations as possible. Focus on your heartbeat. Bring your attention to the rhythm of your heartbeat.

Pay attention to your breathing. In your mind's eye imagine air going into your lungs as you inhale, going down into your abdomen and then imagine the air going out as you exhale. For a few minutes, just experience your breathing. When you become aware of your mind wandering or you're falling asleep bring your mind back to your breathing and refocus.

As you inhale (through your nose if that is comfortable), count to yourself, "one." Hold for a count of two. As you exhale through your mouth, say "one." For your next breathe continue your count - "two and"" When you get to four, begin again with "one, and." If you lose the count start with "one."

Continue for seven to twenty minutes, or as long as you feel good about doing the exercise. When you are ready, slowly open your eyes and sit for a minute, then slowly get up and stretch your body.

From: **Imagine Yourself... Energy Management for Kids**  
*Helping Kids (and Adults) Learn Key Skills for Life!*  
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\* **WARNING: Do Not** operate any type of equipment when practicing this exercise.

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