



PRACTICE: 1, 2, BREATHE

Duration: the length of four in- and out-breaths.

What you will need: your breathing body.

Read this introduction to your child the first few times you practise.

✿ This is a really helpful pocket-sized practice that you can take anywhere and everywhere. It only takes four breaths, so is an easy practice to do at any time. In this practice we use a counting pattern to help us stay focused on our breath.

Read this script to your child. After a number of attempts they may be able to lead themselves in the practice without your support.

- ✿ Take a seat or stand. Feel where your feet touch the floor, feel your back straightening and close your eyes or lower your gaze.
- ✿ Place one hand on your belly to help you get in touch with the sensation of your body breathing.
- ✿ Notice how your belly rises as you breathe in and falls back down as you breathe out.
- ✿ As you breathe in, count '1, 2'
- ✿ As you breathe out, count '3, 4, 5'
- ✿ On your next in-breath, count '6, 7'
- ✿ On your next out-breath, count '8, 9, 10'
- ✿ On your next in-breath, count '11, 12'
- ✿ On your next out-breath, count '13, 14, 15'
- ✿ On your next in-breath, count '16, 17'
- ✿ On your next out-breath, count '18, 19, 20'
- ✿ Gently open your eyes or raise your gaze.

Reflection

After the practice, it can be helpful to ask your child what they noticed about their direct experience as they practised, or what they felt. Whatever they tell you, acknowledge that it was good that they noticed their experience, as that's mindfulness. You can remind them that it's okay if their mind wandered during the practice and give them encouragement if they remembered to KCB (Keep Coming Back) to their breath.