



# HEADS IN, HEARTS IN

## Cloud Breathing Instructions for Set-Up



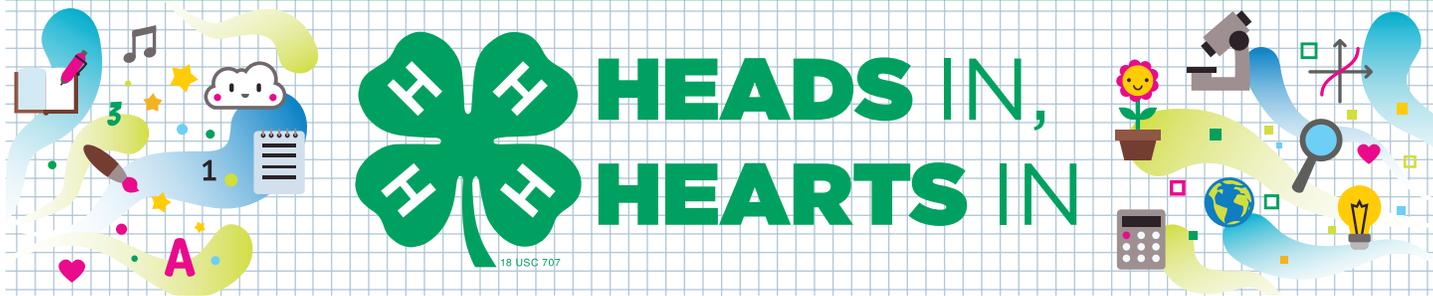
### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Scissors
- Strong paper such as cardstock or a paper plate
- Crayons, color pencils or markers
- Yarn or crepe paper
- Tape
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table and arrange needed supplies.





# Cloud Breathing

## Guide for Families

### Learning Objectives

#### What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

#### What you will do and learn:

In this activity, you will use your breath to explore fast and slow breathing, as well as breathing through your nose and mouth. This activity will teach you to “see” the breaths you take.

### Instructions

1. Using scissors, cut the strong paper or paper plate into the shape of a cloud.
2. Decorate it, using the crayons, color pencils or markers.
3. Using the scissors, cut the yarn or crepe paper into a variety of lengths.
4. Using the tape, attach several pieces of yarn or crepe paper to the edges of the cloud.
5. Hold the cloud upright so the pieces of yarn or crepe paper are dangling downward.
6. Practice a variety of breathing techniques by breathing in (inhaling) and out (exhaling) causing the yarn to move. Observe what happens to the yarn or crepe paper.
7. First try by breathing through your mouth. Then try by breathing through your nose.
  - Breathe in slowly, observing what happens to the yarn or crepe paper.
  - Breathe out slowly, observing what happens to the yarn or crepe paper.
  - Breathe in quickly, observing what happens to the yarn or crepe paper.
  - Breathe out quickly, observing what happens to the yarn or crepe paper.
  - Take several quick breaths, in and out, in and out, observing what happens to your cloud.
8. Think about times when your breathing is slow. When does that happen?
9. Think about times when your breathing is quick. When does that happen?
10. Think about times when you need to control your breathing and make it slower or faster.