



### Activity

Ten Deep Breaths



#### What I need

→ Pen or pencil



#### **Meditation**



# The Bubble Journey 3

This is a good meditation to do before this activity. You can find it in the Smiling Mind app under 'The Mindfulness Curriculum -Student Home Practice - Year 3'



## What to do

Focussing on your breathing will help you to learn how to pay attention to your body and how you feel.

Find a quiet space and sit down comfortably. Place your hand on your belly and take 10 deep breaths. Feel your hand move up and down with each breath. Write about how you feel afterwards. You can practise this whenever you need to, at home, on the bus or in the car.

How did it make me feel when my heartbeat slowed down? Write down your thoughts

