



PRESCHOOL MINDFULNESS

HOW TO TAKE 5 DEEP BREATHS

One is Good, Three is Great, Five is Fabulous

- **Feel the cool air rushing across your nostrils as you inhale deeply.**
 - Remember that your lungs operate like bellows, you want to breathe in deeply, drawing your diaphragm down, allowing your belly to expand as if it were filling with air.
- **Once you have filled your lungs/belly to capacity, pause, and then exhale, pressing your belly button back toward your spine, feeling the warm air rushing out across your nostrils.**
- **After completely emptying your lungs, pause a moment.**
 - Repeat for at least 5 rounds.
- **As you breathe, think in your mind, “breathing in, I am breathing in, breathing out, I am breathing out” as you breathe in and out.**
- **Exhale through the mouth with a “haaaaaa” if you need to release a lot of stress or emotion.**

Notice how you feel.

Are you out of the stress response?

Ready to creatively *RESPOND* to the moment, not react?

One deep breath is good, three is great, five deep breaths fully activates your parasympathetic (rest & digest) nervous system and takes you out of the stress response.

DAILY PRACTICE

Taking five deep breaths is an excellent practice:

- first thing in the morning,
- at the end of your active day, and
- throughout the day when possible.

Remember with this practice you teach your physiology how to negate the stress response, AND you are clearing any stagnant air from the bottom of your lungs.

In the Stress Response:

The moment you feel the stress response – tightness in your jaw, your shoulders, upper chest and/or stomach area, **just breathe.**

- ONE deep breath activates the parasympathetic (rest & digest) nervous system
- THREE deep breaths helps you to hold onto yourself, stay present
- FIVE deep breaths helps you to negate the fight/flight response (sympathetic nervous system)

Use one of these mindfulness apps to lead you in a moment of guided mindfulness – as a daily practice, or in a moment of stress.

Buddhify



Calm



Headspace



Mindfulness



Omvana

