

Mindfulness Meditation (Deep Breathing)

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<https://youtu.be/kAgjZre7n6Q> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in, and it will relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

Sit quietly and take in a deep breath through your nose and release the breath through your mouth. You may even close your eyes if you wish. Take in a deep breath through your nose and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Today, I just want us to focus on breathing. Try to clear your mind of any racing thoughts. Merely be present and in the moment with yourself. Enjoy the quietness in your mind as you continue to take in a deep breath through your nose and release the breath through your mouth.

How does it feel to breathe? Focus totally on the breaths you are taking. Continue to take deep breaths. It is never wrong to stop what you are doing and merely do some breathing exercises like we are doing now. Continue to breathe.

Sometimes when I move from one task to another, I stop for a moment and do some deep breathing exercises like we are doing now. I believe deep breathing really helps me stay focused as I transition from one task to another. Continue to take deep breaths.

Take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Explanation & Focus

The purpose of today's mindfulness exercise is to help children learn to be conscious of themselves, aware of their thoughts, and alert to their breathing. This exercise is geared to help children remember that they can take a moment to breathe deeply and 'reset' between tasks.