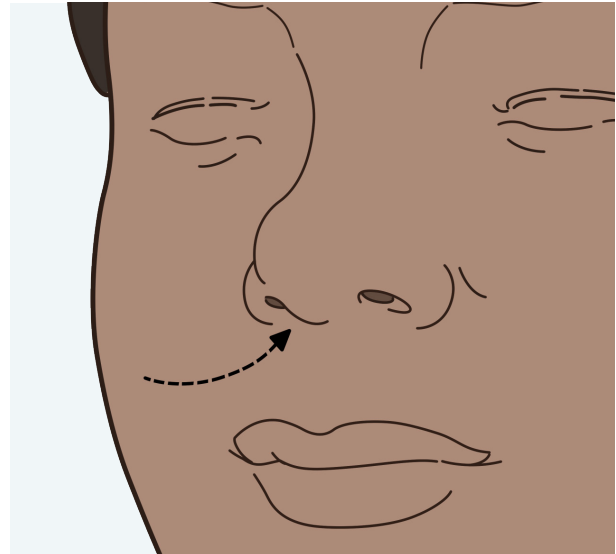


# Activity 12: Focused breathing

Video demonstration



1. Sit comfortably on a chair or on the floor. Close your mouth and eyes. Breathe in and out through your nose slowly and quietly.



2. While you are breathing in and out, focus on feeling the air entering and exiting your nostrils. If you can't feel it yet, think about where you can feel it, maybe on your upper lip or between your lips and nostrils.



3. When you can feel the air going in and out of your nose, notice how far into your nose and/or body you can feel the air entering. If you get distracted, bring the focus back to your breathing, slowly and quietly, feeling the air passing in and out of your nose.

## Follow-on activity:

Try this breathing exercise after recess and lunch for a week. Notice if it helps you to focus on your work.