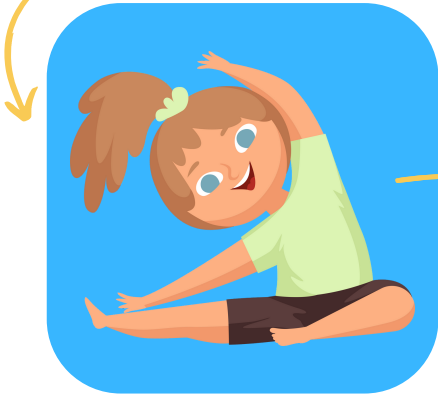


# Yoga Game Board

Start



Finish



**Instructions:**

Play in small groups.

Throw a dice and move your counter along the board.

Can you hold the position shown in the picture for 10 seconds?

If you can, move forward one space.

If you can't, move backwards one space.



Name: \_\_\_\_\_

# MINDFUL BREATHING TECHNIQUE

## INTRODUCTION

Mindful coloring is a relaxing and meditative practice that can help you stay present in the moment. As you color the intricate design on this sheet, focus your attention on each stroke, the colors you choose, and your breath.

## INSTRUCTIONS: MINDFUL BREATHING

- Sit or stand comfortably, keeping your spine straight but relaxed.
- Close your eyes and take a few deep breaths to settle into the moment.
- Focus your attention on your breath as it naturally comes and goes.
- Notice the sensation of the breath entering and leaving your nostrils or the rise and fall of your chest.
- If your mind wanders, gently bring your focus back to your breath without judgment.
- Practice this mindfulness for 5-10 minutes.

## REFLECTION QUESTIONS

1.How did practicing mindful breathing make you feel more present in the moment?

2.Were you able to maintain your focus on your breath, or did your mind wander?

Name: \_\_\_\_\_



Co-funded by the  
Erasmus+ Programme  
of the European Union



# FOCUS ON ...

## INSTRUCTION

Focus on what you see, hear, smell, touch, and possibly taste in your environment.  
Read the questions. Write your answers in the boxes below.

## I SEE ...

Look around and notice the colors, shapes, and patterns in your surroundings.  
Write down at least three things you see, and briefly describe what catches your eye.



## I HEAR ...

Listen carefully to the sounds around you. What can you hear?  
Write down at least three distinct sounds, and note how they make you feel.



## I SMELL ...

Identify any scents in the air. What can you smell?  
Describe at least three different smells and their characteristics.



## I FEEL ...

Explore the sense of touch by reaching out and feeling various objects or surfaces.  
Describe the textures and sensations you experience when touching things like leaves, rocks, or tree bark.



# BUMBLE BEE BREATHING

## BRAIN BREAK



Sit comfortably with your legs crossed.

Breathe in slowly through your nose for 4 seconds.

Hold your breath for 4 seconds.

As you breathe out, make a bee buzzing or humming sound.

The comforting vibration of this exercise has a calming effect.

Repeat the bumble bee breathing until you are calm and relaxed.



Co-funded by the  
Erasmus+ Programme  
of the European Union



# SNAKE BREATHING

## BRAIN BREAK



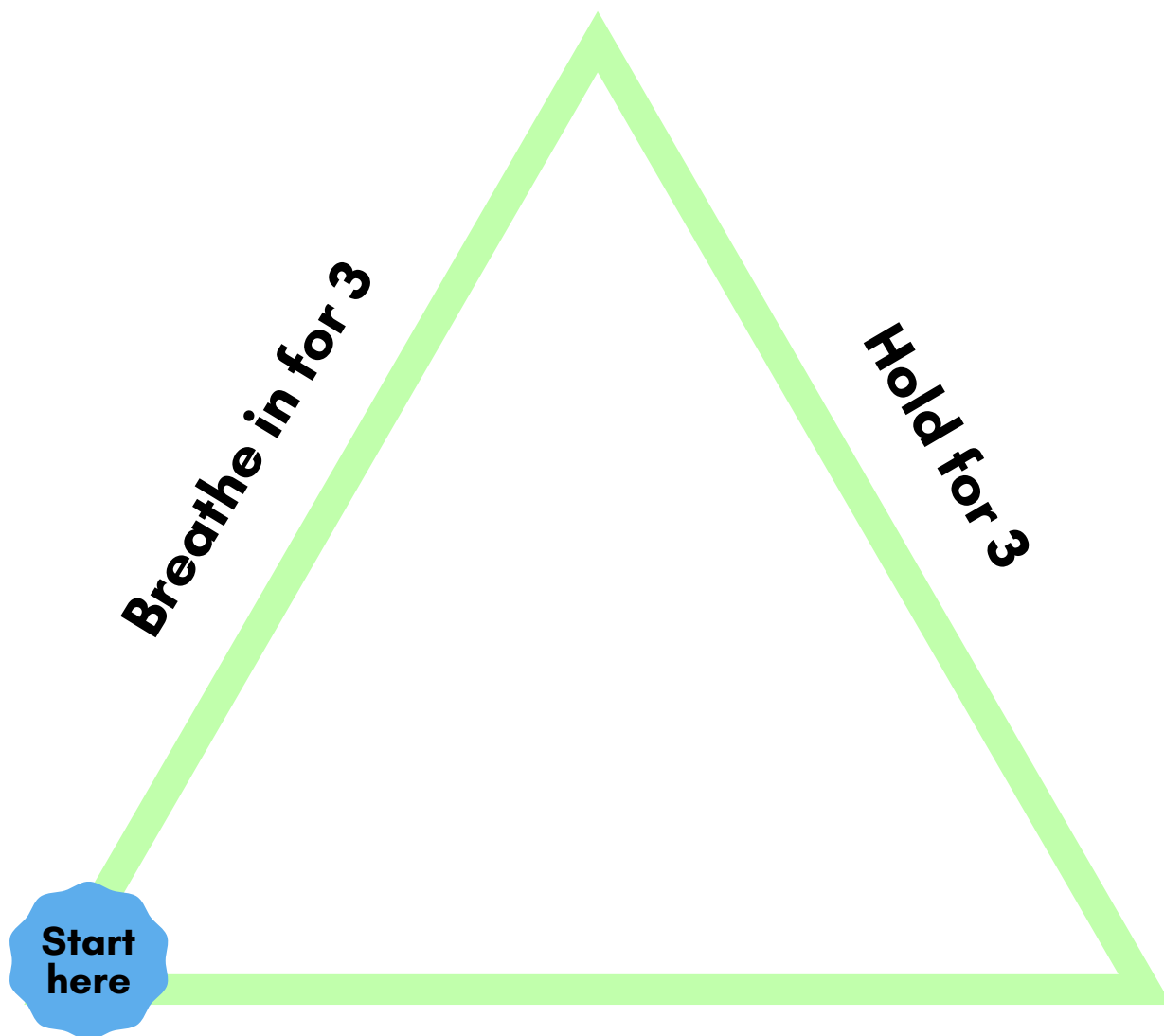
Sit in a comfortable positions.  
Inhale slowly through your nose for 8 seconds.  
Hold your breath for 4 seconds.  
Exhale through your mouth  
while making a hissing sound for as long as you can.  
Pause for a few seconds before you inhale again.

Practice 3-7 times for a boost of energy and relaxation.



# TRIANGLE BREATHING

## BRAIN BREAK



**Breathe out for 3**

Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.



Co-funded by the  
Erasmus+ Programme  
of the European Union



# SQUARE BREATHING

## BRAIN BREAK

**Hold for 4**

**Breathe in for 4**

**Breathe out for 4**

**Start  
here**

**Hold for 4**

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.



Co-funded by the  
Erasmus+ Programme  
of the European Union



CALM YOURSELF WITH A  
**STAR BREATHING**  
**BRAIN BREAK**



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.



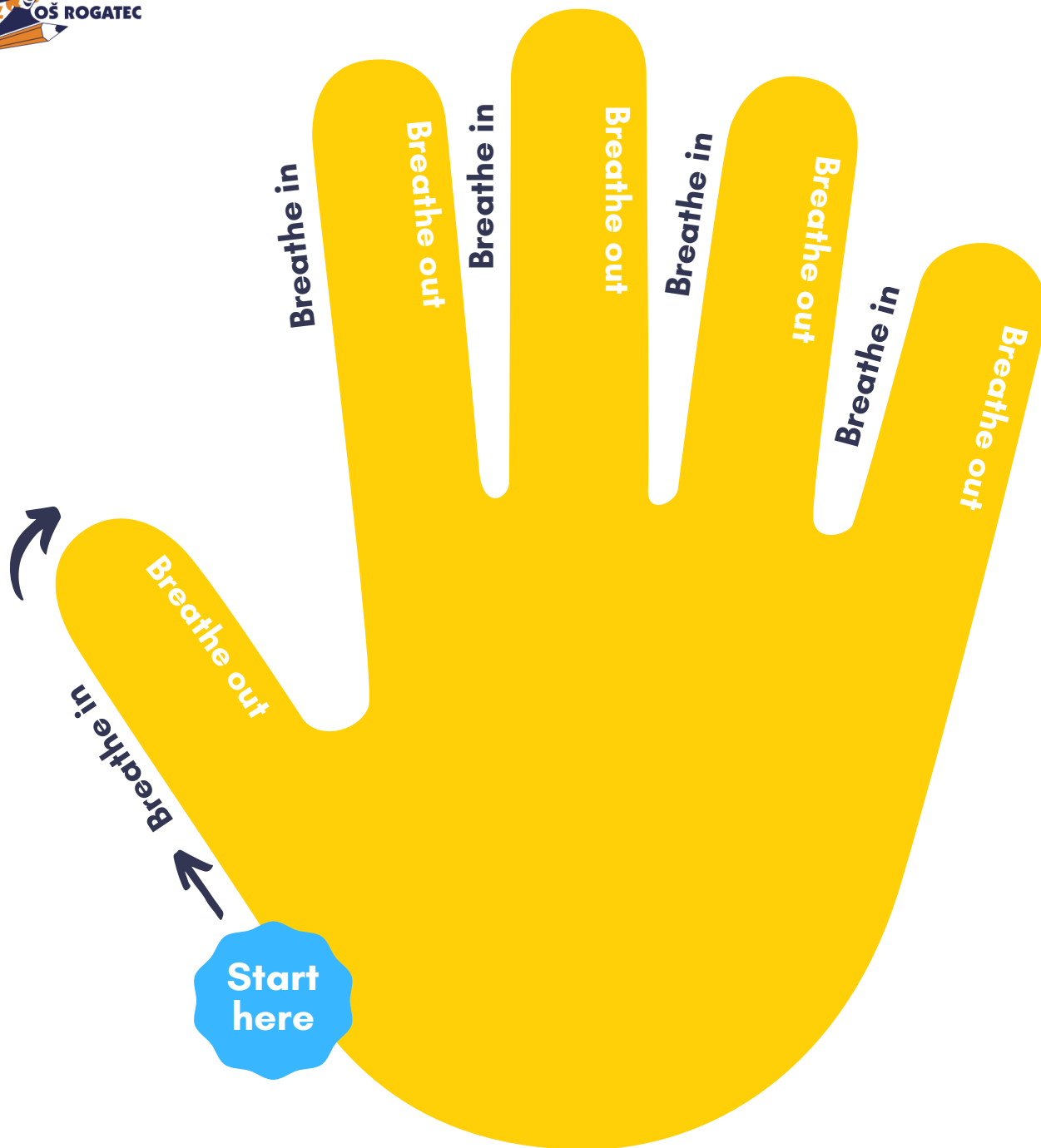




# CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



Co-funded by the  
Erasmus+ Programme  
of the European Union



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.