

# Breathing with Awareness



**EQUIPMENT** Relaxing music and mats (optional)

**SET-UP** Participants quietly sit or lie down on the floor a safe distance apart from each other in the activity area. Consider dimming the lights.

## ACTIVITY

- Guide participants through the following movements. Prompt participants to inhale a deep breath at the start of each movement and exhale at the end.
  - Scrunch your toes, hold, and now relax.
  - Stretch, lengthen your legs, hold, and now relax.
  - Crunch, engage your abdominals, hold, and now relax.
  - Clench your fists into tight balls, hold, and now relax.
  - Stretch your arms over your head, hold, and now relax.
  - Scrunch your face, hold, and now relax.
  - Tense your entire body, hold, and now relax.
- Next, have participants wiggle their fingers and toes, and then stretch their body from head to toe. Encourage participants to reach up in the air, to their sides, and down to their toes. If they are lying down, ask participants to slowly come up into a comfortable seated position when they're ready.



MEDITATION AND RELAXATION