

Breathing Good Energy In



EQUIPMENT Relaxing music and mats (optional)

SET-UP Participants quietly stand or sit a safe distance apart from each other in the activity area. Consider dimming the lights.

ACTIVITY

- Ask participants to focus on the length of their breaths. Count the number of seconds on the way in and the number of seconds on the way out.
- Guide participants through the following breathing meditation:
 - As you breathe in, raise your arms above your head. Interlace your fingers, bend your elbows, and make a circle as you raise your arms.
 - Take a deep breath, breathing in the good energy that surrounds you.
 - As you exhale, lower your arms to your sides and exhale negative energy that may be causing you to feel tense.
 - Repeat the motion, inhaling while raising arms and exhaling while lowering them.
 - While participants perform the above actions, encourage them to breathe in for a count of four, hold, and exhale for a count of four.



MEDITATION AND RELAXATION