

TOPIC

Mindfulness

LEVEL

Second Grade

THEME

Mindful Breathing with Shapes

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand that slow breathing can help them feel better and focus.
- Practice slow, intentional breathing using visual shapes like squares, triangles, or rainbows.
- Reflect on physical and emotional changes after mindfulness practice.

MATERIALS

- Whiteboard or chart paper
- Markers
- Paper
- Crayons/markers/colored pencils

ESSENTIAL QUESTIONS

- What happens when I slow down and take a deep breath?
- How can I help my brain feel calm and ready to learn?
- What does it mean to be mindful?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Did you know that our breath is like a superpower? When we breathe slowly and deeply, it helps our brains calm down and our hearts feel steady. When we are calm, it's easier to think clearly, be kind to ourselves, and show care for others. That's why mindfulness fits perfectly with Aavidum. We are learning to take care of ourselves so we can also support each other."

Ask:

- "When have you felt really calm or peaceful?"
- "What kinds of things help you feel better when you are upset?"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Now I'm going to write two big words on the board: acknowledgment and recognition."

- Acknowledgment means letting someone know you saw something good they did.
- Recognition means showing them you appreciate it.

When we acknowledge and recognize people, we are saying: 'I see you. You matter.'"

Ask:

- "Why do you think it's important to notice when someone does something kind or helpful?"
 - Take answers: it makes them happy, it helps them feel included, it encourages kindness.
- "When we do this, how does it help our classroom feel like a team or community?"

Say:

"Here are some examples of ways we can acknowledge and recognize each other:

- Saying: 'Thank you for helping me clean up my desk.'
- Complimenting someone: 'I like how you shared your crayons.'
- Writing a note that says, 'You are a good friend.'
- Even smiling or giving a high-five can be a way to recognize someone!"

ACTIVITY: SHAPE BREATHING (20 MINUTES)

Say: "Let's take a little break to help our bodies and brains feel calm and focused."

Have students sit quietly at their desks or on the rug.

Ask them to place one finger in the air or on their desk to "draw."

Triangle Breathing

Show a triangle on the board.

Say: "We're going to breathe with this triangle. We'll breathe in as we trace up, hold our breath across the top, and breathe out as we trace down."

Guide them slowly:

Side 1 (up): "Breathe in through your nose... 1, 2, 3."

Side 2 (across): "Hold your breath... 1, 2, 3."

Side 3 (down): "Breathe out through your mouth... 1, 2, 3."

Repeat 3 to 4 times, modeling calm breathing.

Step 3: Square Breathing

Show a square.

Say: "Now we'll try square breathing. This is also called box breathing, and it's great for calming down if you feel worried or need to focus."

Guide them:

Inhale: "Breathe in through your nose for 1, 2, 3, 4."

Hold: "Hold your breath for 1, 2, 3, 4."

Exhale: "Breathe out slowly for 1, 2, 3, 4."

Pause: "Rest for 1, 2, 3, 4."

Repeat 2 to 3 times.

Create Your Own:

- Say: "Now it's your turn! You get to make up your own shape for breathing. It can be a star, a heart, or even a made up shape."
- Hand out blank paper and crayons.
- Students draw a shape of their choice.
- Label each side/curve with: Inhale, Hold, Exhale, and/or Pause.
- Practice tracing and breathing with their custom shapes!
- Invite a few students to share their shapes and lead the class in their breathing pattern.

WRAP-UP (5 MINUTES)

Ask:

- "How does your body feel now?"
- "When could you use your shape breathing?"
 - Examples: before a test, when feeling upset.
- "How does calming ourselves help us care for others?"

Say: "Your Aavidum challenge this week is to practice your shape breathing once each day. You can even teach it to someone at home!"

Closing Affirmation (repeat together):

"I can calm my body."

"I can calm my mind."

"I can help others feel cared for. Aavidum - I've got your back!"