

My Anxiety Plan

FOR EDUCATORS



Mindful Breathing Script (Child/Teen)

The goal of this exercise is to focus all of your attention on your breathing. If your mind wanders or you start thinking about other things, or notice certain feelings or sensations in your body, just let them be there, just focus back on your breathing.

Find a comfortable place to sit. Put your feet flat on the ground and sit up straight. Now close your eyes. Let your shoulders drop down and away from your ears.

Now, put both of your hands on your belly with the fingertips touching in the middle.

Breathe in through your nose. And slowly breathe out through your mouth. Continue to take slow, smooth breaths.

When you breathe in, notice your belly push your hands gently apart as you fill your lungs with air. When you breathe out, notice your belly sink back down, as you let the air out. You can imagine that your belly is a balloon. Fill it with air and then watch it deflate.

Now continue to focus on your breathing. In...and out...

If your mind wanders and you start thinking about other things, just focus back on your breathing.

You may also notice certain feelings or sensations in your body. Just notice them, and then bring your mind back to your breathing.

It's normal for your mind to wander. Simply notice that your mind has wandered away and gently bring your attention back to your breath.

Keep focusing on your breathing...breathing in and out...When you're ready, slowly open your eyes.