

Lucky Dog Humane Education

Monty and Matilda Mindful Breathing

Aligns to Social Emotional Learning Outcomes

! Self Awareness: Identifying emotions, thoughts and values
! Self Management: Self-discipline - Impulse control
! Social Awareness: Perspective-talking - Empathy - Respect for others - Diversity
! Relationship Skills: Communication - Relationship building
! Responsible Decision-making: Identifying problems - Analyzing situations - Solving Problems - Ethical responsibility - Reflecting

OBJECTIVE: To help kids learn focusing skills, and self-regulation. Helps kids help themselves to be calm, relaxed and mindful.

PREPARATION: Students will meet PAWfessors Monty and Matilda. Monty and Matilda teach about the POWER OF KINDNESS & INCLUSION, and about valuing ourselves and everyone in the world. They teach us the importance of self-love and self-care and teach about mindfulness and meditation.

IMPLEMENTATION:

After meeting Monty and Matilda, children will lay on their backs and relax their body. Teacher will then place a “Breathing Buddy” on each child’s belly. (Breathing buddy can be a teddy bear, a rock or crystal, a shell, a bean bag, or any object that is meaningful to the child) optional: Play soothing music.

Guide children to inhale slowly & deeply to the count of 3 and watch their buddy rise with their breath, then guide them to exhale slowly and fully to the count of 3 and watch their buddy lower. Do this for 10 cycles. Allow time to relax afterwards, then ask children to share how they feel.

Materials:

Floor space, breathing buddy (optional: soothing music)

Concepts: Helping quiet the mind, relax the nervous system, and lower stress levels. (teaching children to self-regulate by using these techniques)

CONCLUSION: After 10 cycles of breath, allow time to relax and breathe freely, then allow children to share how they feel after mindfully breathing.

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