**ML.MT** Mindful Learning.Mindful Teaching Course Week 2 Script

Stop & Breathe (or Paws b and .b) Practice for Children

 Always do the practice along with the children – eyes open gaze down.

Use peripheral vision to assess what’s happening in the room. Keep about half of your attention on the practice, what is going on with you and the other half what is happening in the room.

It is very important to stay connected to your own reactions while guiding. If you feel shaky or agitated, then simply take your attention to lower half of your body and breathe into that area.

If a seated practice, then turn chairs to the front to face you. Give a little guidance on posture – sit like asking or a queen in a throne – upright but dignified.

The **stop & breathe practice** is *usually* done standing.

Ask children to carefully push chairs under desks and stand up.

Guide children to be in their bubble for each practice, have enough space around themselves, gazing softly down in front of them, letting everyone have the chance to do their mindfulness practices.

Important children keep eyes open when doing standing practices.

1. Invite the children to notice sensations in their body as it is standing. Perhaps sensing weight/pressure on the feet, arms hanging by their sides, contact with floor. Encourage sensory awareness by using terms such as tingling, pressure, weight, warmth, lightness.
2. Being curious about the body, friendly awareness of the whole body, stopping in this moment and just being here.
3. Ask children to tune into their breath – where they notice it most, tummy, chest, tip of nose. And for 2/3 minutes just guide to follow the movement of the breath – in and out. Minimum of guidance.
4. Say ‘just before we finish our practice, take your attention down to the bottom of your feet, wiggle your toes and lift your eyes up’ perhaps guiding children to have a stretch before noticing being back in the room & sitting down.
5. Inquiry/discussion can be around what the children experienced as they practiced – what did you notice? And also when this practice could be used: lunch queue, lining up in playground, in the car or bus…