

# Unit One: Mindful Moments

## Attention Training Practices

### 1.1 Take Five



#### What.

A short breathing activity that can be done anywhere, by anyone, at any time of day. The perfect tool for your back pocket, if you ever find yourself needing a time out, moment away from the daily grind, or just want a brain-break.

#### Why.

Being over-stimulated, too busy or completely stressed out can hinder one's ability to be fully self-aware. Breathing mindfully, and concentrating on the breath, helps to refocus and bring attention back to the present moment.

#### How.

1. Invite participants to sit in a circle.
2. Lead Take Five by reading the instructions located on the following page.
3. Once the breathing practice has concluded, take a brief pause, and then engage the group in a dialogue about their experience. Begin the conversation using the suggested dialogue prompt.



#### Tip

Coming back to the breath is one of the easiest ways to reconnect our awareness to the present moment, see things more clearly, and reduce reactivity.

#### Core Competencies

Self-Awareness  
Self-Management

#### Materials

None

#### Time

5 minutes

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#### LEADING TAKE FIVE



- Sit in a comfortable position.
- Gently close your eyes or choose a point somewhere on the floor that you can focus on.
- Turn one hand palm up to the ceiling. This will be your counting hand. At the end of each breath cycle, you will fold one finger on this hand into your palm until all five fingers are folded.
- Gently take an in-breath. Fill your lungs, pause and then slowly breathe out and pause again. Fold your first finger. This is TAKE ONE.
- Repeat this process four more times.
- Allow yourself to continue to breathe in and out. You don't need to do anything special, your body knows how to breathe.
- When you are finished, slowly bring your attention back to the room, and take a moment to notice how you feel.

#### DIALOGUE PROMPT

- Describe your experience of TAKE FIVE with one word or an image.