



## 4.1 Color Your Breath

### What.

A simple activity that uses artistic expression and creativity to help bring one's focus to the breath.

### Why.

Taking the time to link your mind with the movement of your breath is an important first step to building a meaningful breathing practice. By bringing an intentional focus to the breath, we begin to understand that it is the bridge that unites our body to our thoughts.

### How.

Before beginning, make sure each participant has paper and coloring pencils. Start by leading the participants in 'TAKE FIVE'. Instruct them to pay attention to the breath as it enters and leaves the body, for five complete in-and-out breath cycles. Once you've completed the breathing practice, ask participants to perform a short physical activity with the intention to increase their heart rates, such as running in place for 30 seconds or 20 jumping jacks. After 30 seconds, ask the participants to focus on the rhythm of their breath, and have them use the paper and pencils to create a visual representation of their experience. Once the activity is complete, gather in a circle and have each participant present their drawing to the group. Begin the conversation using the suggested dialogue prompts.



### Tip

The simple use of the breath returns us to the present moment, over and over again.

### Core Competencies

Self-Awareness

### Materials

Paper, colored pencils, markers or watercolors

### Time

10 minutes



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### DIALOGUE PROMPT

- What surprised you about your drawing?

### DIVE DEEPER

- Ask participants to place their drawings in the center of the circle and share what similarities and/or differences they notice between all of their works of art.