



MINDFUL BREATHING STICK

Used For:

Relaxation

Supplies Needed

- Pipe Cleaner
- 8 Beads

Why it is important:

A mindful breathing stick is helpful when you want to feel relaxed and calm. Practicing conscious breathing helps when you feel overwhelmed, upset, or frustrated. A mindful breathing stick can help guide young kids through the process of learning and adopting breathing techniques.

Detailed Description:

Bend the pipe cleaner at the end so the beads do not fall off. String six to eight beads onto the pipe cleaner and bend the other side when you're done. Gently slide one bead to the opposite end of the stick as you inhale slowly then exhale. Repeat moving the beads and taking deep breaths until all the beads have been moved from one end to the other. Repeat the process until you feel calm and relaxed.