**Illustrations of Practice: Breathing and Relaxation**

We're going to start our time here in the Green Zone room by doing a bit of a mindful activity.

We're going to centre ourselves. We're going to focus on our breathing.

So can everyone make sure that their mats are comfortably either open or closed.

And that they're sitting on top of their mat.

We're going to cross our legs, and sit up nice and tall.

We're going to be in a really good position for our deep breathing exercise.

When we're thinking about mindfulness we know that we don't

have to close our eyes but we know that it can help us concentrate.

So if you'd like to close your eyes you can do that now but you don't have to.

To start off our mindful breathing this morning, we're going to take three calming breaths just

like we did out in the corridor. We're going to hold at the top.

The reason why we do this is to bring our concentration and our focus to our breath to help us

kind of regulate what's going on in our body. We've been out at recess, we've been

running around, we've been having a great time, we've been using energy

and now we want to come in here and recenter.

So sitting up tall, we're going to take three calming breaths, holding at the top.

Breathing in, hold, and breathing out.

And then in through the nose, out through the mouth. Breathing in,

hold

and breathing out.

Breathing in,

hold

and breathing out.