Mindful Me

Focus Breathing

twinkl

Mindfulness

Focus Breathing is a quick and easy mindfulness technique.

It can help you calm your mind, relax and focus your attention to whatever it is you're doing right now...
and enjoy the moment!

This is a great technique to build into your everyday life to connect with your breathing, your mind and your body... and you'll feel great afterwards!

Focus Breathing

Make sure you are comfortable either sitting or standing in a quiet place if possible.

Close your eyes and take some slow deep breaths through your nose.

Concentrate on your breath flowing in and out of your body.

Notice how it is cooler when you breathe in and warmer when you breathe out.

Continue until you feel calm and relaxed.