



#FontanaTogether

MINDFULNESS BREATHING WAND

Why notice your breath? noticing your breath can actually help you calm down by simply paying attention to your body. Breathing is your body's special clue to how you are feeling. For example, fast breathing could mean you are angry or scared and slow breathing can mean you are calm and relaxed.

- Student will learn to notice my breath by creating a mindfulness breath wand.
- Student will learn to calm down in a stressful situation by using the mindfulness breath wand.

MATERIALS

- A toilet paper roll OR paper towel roll
- Markers or other decorative things like paint or stickers
- Streamers or thin ribbon that is light enough to be moved easily by your breath
- Tape



INSTRUCTIONS

- 1) Take a toilet paper or paper towel roll and cut off the top (about an inch thick) and set aside.
- 2) Cut a straight line all the way up the rest of the roll (the longer piece of the roll)
- 3) Use this cut to tighten the roll to roll it thinner and tape on top and bottom to hold it in place.
- 4) Decorate the roll with markers, stickers, paint etc.
- 5) Tape strands of thin light decorative ribbon or streamers along the inside of the small ring you cut off earlier.
- 6) Tape the ring on top of the thinner roll to make the wand.
- 7) BREATHE and notice what you notice.



MODIFICATIONS/VARIATIONS

- Try breathing fast then slowly and notice the difference in the ribbon/streamer movement.
- Create a wand for a loved one that may need some calming and relaxing.
- Try using other materials that you think might work to create a mindfulness breathing wand.