

Anxiety – Boat Breathing

When people focus on their breathing it creates mindfulness. Being mindful can ease anxiety around what's happened in the past and the future.

LESSON 2

1. You will need:
 - a. Coloured paper
 - b. Internet to connect to the origami boat links
 - c. A comfortable area for children to lie down
2. Play the video and pause as needed for discussion.

After video discussion and activities:

- Follow the links to learn how to make an origami boat.
 - <http://www.origami-instructions.com/origami-boat.html>
 - <https://www.youtube.com/watch?v=hiAWx8odStA>
- Students lie down in a comfortable spot.
- They place the boat on their stomach and watch the boat move upwards as they breathe in and sink down when they breathe out.
- To challenge them ask them to see how high they can get the boat without it falling off their stomach.