Feather Breathing

Super Troopers with Laya Healthcare knows how busy the school day can be. Mindfulness can be used as a tool to help children feel calm and gain awareness of themselves, their feelings and their surroundings.

Here is a great exercise that you can do with your pupils in the classroom. You will need a feather for each pupil - the kind you might use for arts & crafts (alternatively, use a piece of tissue paper). Then just follow these simple steps:

1. **Ask the children to take a feather each.**

2. **Instruct the class to hold the feather in front of their mouth and breathe in gently through their nose.**

3. **Ask the pupils to watch their breath move the feather, as they breathe out through their mouth.**

4. **Ask them to do this for 3 breaths.**

The children are bringing their attention to their breath and the feather, which means their mind is being kept in the present moment.

If possible, you could give each pupil a feather to take home, so they can practice their feather breathing with their family!

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