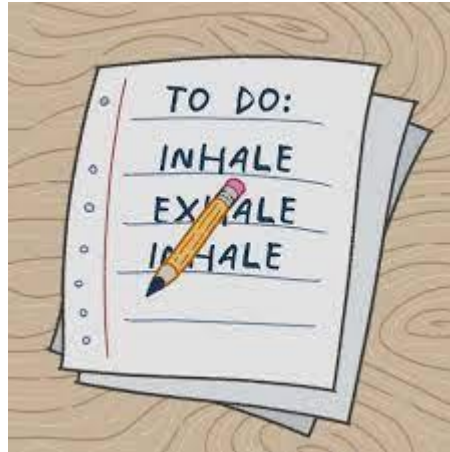




## Four Directions Breathing Activity



Have the kids close their eyes. Instruct them to open their eyes and then look down. Ask the kids what they see? Next, have the kids turn their heads to the left, right and upward. Remember to ask them what they notice in each direction. Ask the kids if they saw new and different things as they focused their attention in the 4 different directions.