

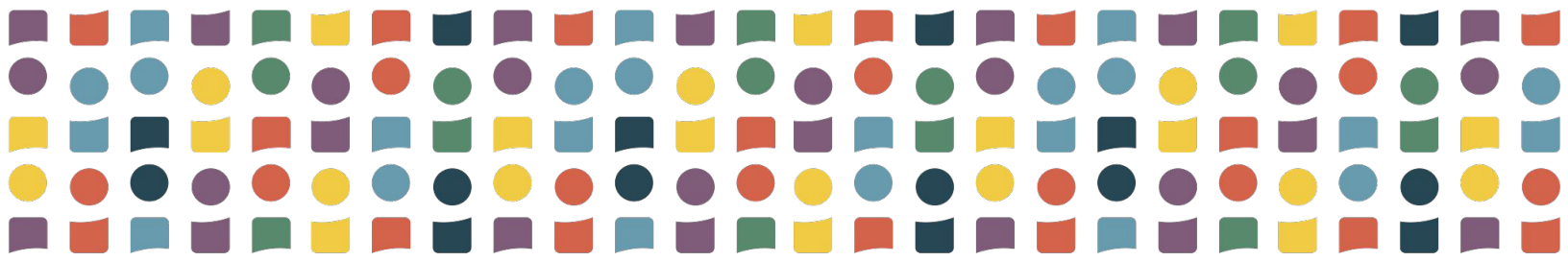


## Lesson Fifteen

In this lesson, students explore how mindful breathing helps them feel calm and focused. In the story, Lily and her friends chase a runaway kite and feel overwhelmed. With guidance from Tree, they learn to pause and notice their breath. After the story, students place a hand on their chest or belly to practice using their breath to manage emotions and build patience and self-control.

### **At Home Practice: Let's Do Kite Breath!** 🪁

1. Sit down in a comfy spot. You can close your eyes or keep them open.
2. Put your hand on your belly or chest if you want. Feel your breath moving in and out. What's your breath doing right now? Is it fast like a race car or slow like a sleepy turtle?
3. Let's picture a kite! It has four sides. We'll trace each side with our breath.
4. First side: Breathe in through your nose. Count in your head: "1... 2... 3... 4..."
5. Second side: Hold your breath and count: "1... 2... 3... 4..."
6. Third side: Breathe out slowly through your mouth. Count: "1... 2... 3... 4..."



***At Home Practice: Let's Do Kite Breath! cont.***

7. Fourth side: Pause—no breathing in or out. Just be still.  
Count: “1... 2... 3... 4...”
8. Let's do the kite again! Breathe in, hold, breathe out, and pause—like a kite floating gently in the sky. Do it 2 or 3 more times.
9. Ask:  
How do you feel now?  
When could kite breathing help you?  
(Maybe when you're mad, sad, or just need a break.)