



Lesson Fifteen

Cross-Curricular Activities and Resources:

- 1. Art: Kite Display** – Provide students with craft materials such as construction paper, straws, scissors, tape, and string to make simple model kites. Use the kites to make a display on the classroom wall. Gather all the strings together to a point, and label the point “breath.”
- 2. Music: Breath and Singing** – Have students sing a familiar song as a class. Ask them to notice and describe how they use their breath when they are singing.
- 3. Science: Pinwheels** – Provide students with pinwheels or make them as a craft. Then have students explore how their breath makes the pinwheels turn. Prompt them to try blowing very hard, very gently, in bursts, and steadily. Connect to technology by discussing devices that make use of or interact with wind, such as wind turbines, sailboats, and flags. Or, connect to biology by showing a video that uses simple animation to model how the lungs expand and deflate as a person inhales and exhales.
- 4. Language Arts: Tell Me a Story** – Have students work in pairs. Students can take turns telling one another a short, true or invented story about feeling excited, scared, or worried. The listening partner can practice breathing mindfully to help them stay in the moment.
- 5. Physical Education: Breath and Exercise** – In a gym or field, have students play an active game such as chain tag. (In chain tag, the person who is “it” must link arms with the first person they tag. Then these two students together are “it.” When chains of students reach four, they split in half. Play continues until all students have been tagged.) Before and after the active game, have students notice and describe their breath. When the game is over, have students practice kite breathing or another mindful breathing technique.