Activity 7.8

Promoting Self-Awareness: Breathing Exercise

Objective:
- Practice grounding exercises.

Steps:
1. Introduce and practice the following techniques with participants:
   - 5-4-3-2-1 Grounding Technique
     i. Think of:
        1. 5 things you can see
        2. 4 things you can feel
        3. 3 things you can hear
        4. 2 things you can smell
        5. 1 thing you can taste
   - Breathing Technique
     i. Breathe for 4 seconds
     ii. Hold for 4 seconds
     iii. Exhale for 6 seconds
   - Five Finger Breathing Technique
     i. Trace each finger with a finger from the opposing hand.
     ii. Inhale each time you go up.
     iii. Exhale each time you go down.
2. Discuss:
   - How did each exercise feel?
   - How could this be helpful in their work with students?