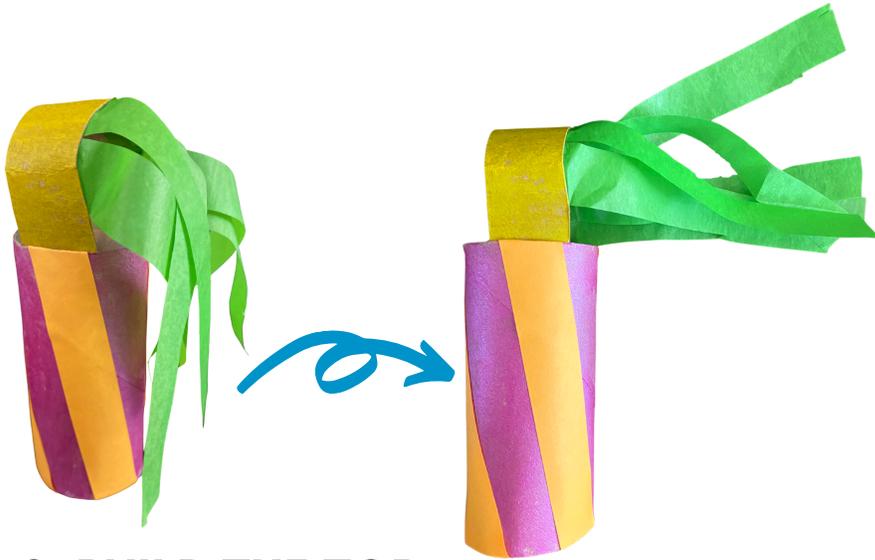


Mindful Breath Wands!

YOU'LL NEED: CARDBOARD TUBE (1 LONG OR 2 SHORT), PAINT, MARKERS, OR CRAYONS, SCISSORS, TAPE, TISSUE PAPER OR RIBBON



2. BUILD THE TOP

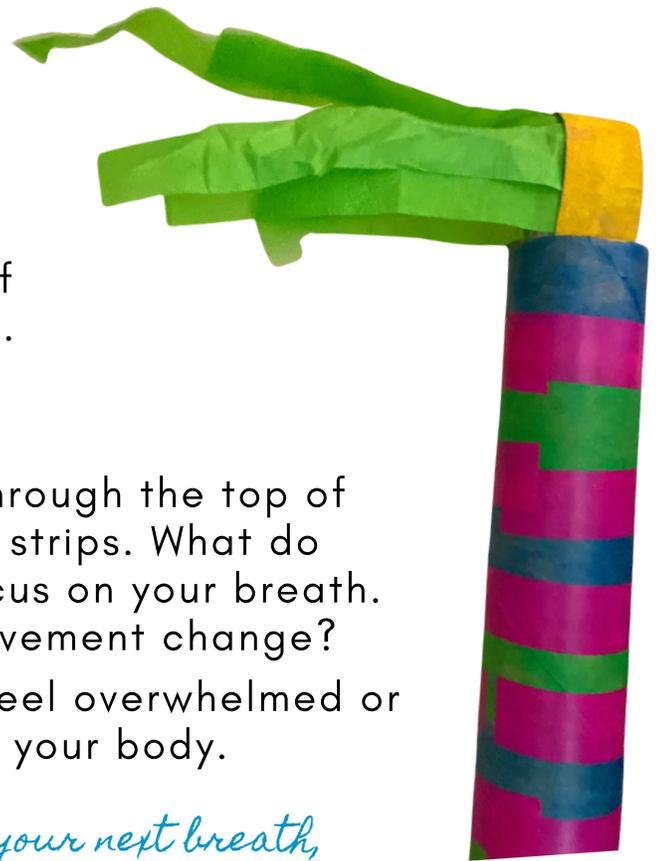
- Cut **STRIPS** out of tissue paper, or use lengths of ribbon. The strips should be light enough that your breath can make them move.
- **CUT** the ring once so that it makes an arch shape, then tape the strips onto the inside of the ring arch. Tape both ends of the arch to the inside of the handle's top.

3. BREATHE

- Take a deep breath in, then let it out through the top of the wand. **WATCH** as it moves the paper strips. What do they look like? Try it again, and really focus on your breath. Breathe out really fast. How does the movement change?
- You can use your wand whenever you feel overwhelmed or upset, to help you focus on the breath in your body.

1. BUILD THE HANDLE

- Use a cardboard tube for the handle. If you have a long tube, **CUT** a small ring off of one end. If you have a short tube, cut a small ring out of a second tube.
- **DECORATE** your tubes and ring however you'd like. Maybe you want to choose colors and designs that make you feel **CALM**.



*Fill your whole body with your next breath,
and then breathe out, slow and steady,
counting to five.*