

ACTIVITY 4: PRACTICE RAINBOW BREATHING

Activity Objectives

- A colorful way of engaging in a deep breathing exercise using the rainbow maze
- Ending the lesson with a calm open mind

Introduction

- Pull out the rainbow maze and say, "Next we are going to use the various colors of the rainbow to calm our minds and bodies. Follow me in taking some deep breaths. While you are breathing you can continue to think about the emotions that each color makes you feel."



[click on the image to hear a sample meditation from Hand2Mind](#)

Lesson

- Begin by saying, "I will trace each color of the rainbow with my finger. Every time I start, we will all take a deep, slow breath in until I get to the top of the rainbow. We will pause, and hold our breath for a second. As my finger traces down the rainbow on the other side, we will take a slow breath out. As we are breathing, I want you to think about what type of emotion you feel for each color."
- Start with the first color red, take a deep breath in and say, "As we get to the top of the rainbow, pause and think about how the color red makes you feel." Then take a slow breath out.
- Continue with the rest of the colors of the rainbow until you are done.
- Once finished, ask students, "How did that activity make you feel?" Wait for answers.
- If students are interested, have them come up and lead the breathing exercise.

Concluding with BAM!

End with the following: "Today we learned about how our emotions are connected to everything we experience like weather and color. Our emotions help us better understand what we are experiencing. All emotions are important and we should always pay attention to how we feel. Not everyone will feel the same emotions which makes us all unique and different. Let's remember to celebrate our differences!"