

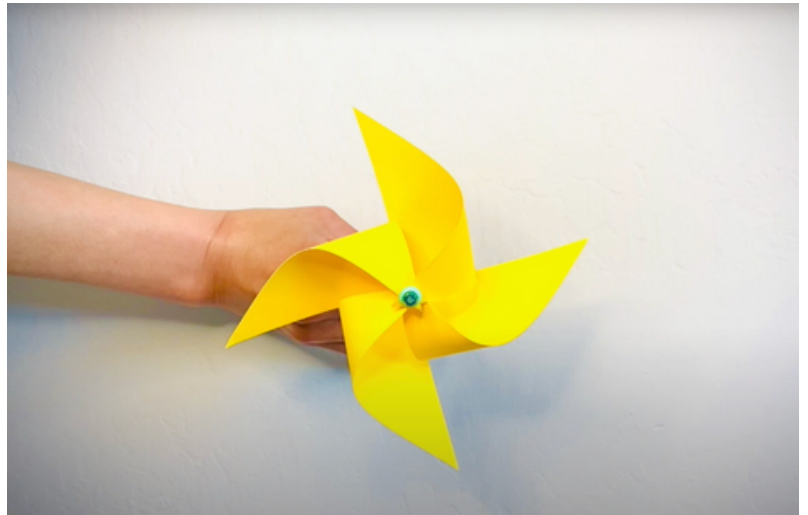
EXTENSION ACTIVITY - PINWHEELS (continues)

Transition

- Prior to starting the pinwheel mindfulness activity, use attention getters to help students put down their pinwheels and focus on the teacher.
- Once students are focused, say, "Pinwheels are affected by the weather just like we are. When the weather is too strong, the pinwheel may spin out of control [demonstrate by blowing a few strong breaths]. But, when the weather is nice and gentle, the pinwheel spins steadily and with control [demonstrate by blowing a slow, controlled breath]. You see that?"

Practice - Pinwheel Breathing

- Begin by saying, "Our breath is magical. Sometimes, our breath can be too strong, which can make us feel uncomfortable and other times it can be gentle which can make us feel calm."
- Have students blow very hard on the pinwheel for 30 seconds. Then ask students about how they feel. Some may say, out of breath, tired, dizzy, can't think clearly, others may say, energized, excited, etc. Validate all emotions and then ask students about what they noticed in the pinwheel itself.
- Next, have students blow steadily and slowly on the pinwheel for 30 seconds. Then ask students about how they feel. Some may say, calm, peaceful, focused, others may say unsettled, annoyed, bored, etc. Validate all emotions and then ask students about what they noticed in the pinwheel itself.
- End by saying, "With your slow, steady breath, make the pinwheel spin gently. Imagine you are also making the trees sway, the clouds roll and the birds coast, your breath is the wind, your breath is magical. Take a deep inhale and remember, slow and gentle exhale." Include a pinwheel mindfulness video.
- End by saying, "With your slow, steady breath, make the pinwheel spin gently. Imagine you are also making the trees sway, the clouds roll and the birds coast, your breath is the wind, your breath is magical. Take a deep inhale and remember, slow and gentle exhale." [You can watch the Global Classroom's Pinwheel and My Magic Breath mindfulness video here.](https://globalclassroom.sfsu.edu/)



[Click here or the image to view Pinwheel and My Magic Breath video](#)