

EXTENSION ACTIVITY - PINWHEELS



Activity Objectives

- Create personalized pinwheels to illustrate how controlled breathing can create a powerful source of energy.
- Provide a visual for students to observe how the breath affects the world, the body, and the mind.

Materials Needed

- [Pinwheel template, the Cricut version can be downloaded here.](#)
- Sticks and 2-3 beads for capping the pinwheel at the top
- Suggestion: bottom stopper pre-glued to the stick so that students do not need to work with adhesive materials.

Introduction

- Begin by saying, "Now that we have learned about how weather can affect our emotions, next we are going to create something that is also impacted by the weather. [show a premade pinwheel and ask] What is this? Do you know what gives this energy?" Have students take turns guessing. "Yes, wind! Wind gives pinwheels energy just like it makes us feel and have energy. For this activity, we will become the wind and make our pinwheels spin [demonstrate by blowing on the pinwheel]."

Lesson

- Depending on time and number of students, the size, materials used, and how many pinwheel templates are pre-cut will vary.
- Before beginning, let students know that this activity will require them to follow step-by-step directions and that they must be careful with the materials as the tips of the square sheets can rip.
- Demonstrate how to assemble the pinwheel and guide students through the process by first turning each tip of the pinwheel to meet the center without holding the paper. Include a photo of making pinwheels
- Engage students in discussion while they are creating their pinwheels around emotions by asking open-ended questions and/or talking through your feelings out loud.



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?"