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Learning to Breathe: A Mindfulness Curriculum for ...

learning to breathe student workbook a the program allows for themes to be delivered in 6

longer or 18 shorter sessions depending upon time and needs of students the 6 core lessons are body reflection emotions attention tenderness and healthy mind habits learning to breathe is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence read the learning to breathe student workbook a six week mindfulness program for adolescents the learning to breathe ...

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1. Use your attention to find your breath in your body. 2. Starting from either your feet or your head, move your attention through your body and notice your experience. Scan for tension in your feet; lower back; stomach; shoulders; face, jaw, or forehead; or wherever you hold tension in your body. 3.

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