

# Marysville MindUP Brain Break Script

August 26<sup>th</sup>, 2014, Draft 2

## **Introduction:**

It is a time to give your brain a break, so it can relax, focus and learn better. Please focus on your breath. The goal is not to count the number or inhale and exhale as a group, just to focus on your breath.

Start by planting your feet solidly on the floor. I invite you to be present in this moment and close your eyes. If you are not comfortable closing your eyes, please look down at your palms to be respectful of others. Since this is an invitation, you have the choice whether to participate, but you may not distract others. Please try to keep your body perfectly still, with no opening of papers, talking, or moving around. Just be still. It's only a short time so you can do it. If you hear a noise, (unless it is the safety alarm) just hear it, and then refocus on your breath. Remember we do this to give ourselves the opportunity to calm down and know that we are in charge of our minds and bodies.

## **Steps:**

1. **Say –** When you hear the chime, listen to the sound as long as you can, and focus on your breath.
2. Ring Chime (wait approximately 15 seconds).
3. **Say –** Bring your attention to your breath (wait 15-30 seconds).
4. **Say –** If your mind wanders, that's ok, just bring your focus back to your breath (wait 15-30 seconds).
5. **Say –** Feel your belly rising and falling (wait 15-30 seconds)
6. **Say –** When you hear the chime again, listen as long as you can. When you can't hear the sound any longer, slowly, gently, open your eyes and look to the front of the room.
7. Ring chime and wait for the sound to finish.
8. **Say softly –** Thank you for being mindful today.