



## Activity 7.8

# Promoting Self-Awareness: Breathing Exercise

### Objective:

- Practice grounding exercises.

### Steps:

1. Introduce and practice the following techniques with participants:
  - 5-4-3-2-1 Grounding Technique
    - i. Think of:
      1. 5 things you can see
      2. 4 things you can feel
      3. 3 things you can hear
      4. 2 things you can smell
      5. 1 thing you can taste
  - Breathing Technique
    - i. Breathe for 4 seconds
    - ii. Hold for 4 seconds
    - iii. Exhale for 6 seconds
  - Five Finger Breathing Technique
    - i. Trace each finger with a finger from the opposing hand.
    - ii. Inhale each time you go up.
    - iii. Exhale each time you go down.
2. Discuss:
  - How did each exercise feel?
  - How could this be helpful in their work with students?