

THE FOX THEATRE FOR FAMILIES AT HOME

SLEEPING TORTOISE BREATH



Sleeping Tortoise Breath

Reclining or lying down, make a baby tortoise with your hands by placing one hand over the other to mimic a tortoise inside its shell. Place your tortoise on your belly and breathe deeply and slowly. Feel the rise and fall of each breath and use it to “rock the baby tortoise to sleep.”

You can also enact the same idea by placing a beanbag or a child’s beloved stuffed animal on their bellies as they lay and breathe. “Rocking their stuffed animal to sleep” with their breath can be a wonderful and soothing activity to do at bedtime!

*Activities courtesy of The Mindfulness Education Exchange.
For more information about school and youth programming, visit www.mindfuledex.com.*

