**Attention to Breathing**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**
* **Practice breathing**

**What will we need?**

* **0**

**How do we do it?**

* **Instruct the class to be still, in a comfortable position, close their eyes (this is not mandatory, but suggested), and to pay attention to their breath.**

**Additional Notes:**

**Reference: https://www.verywellmind.com**