

3 Breaths & 3 Wishes

We can all use a breather throughout the day—a way to **ground and reconnect** with ourselves and the people and places around us.

However, grounding and reconnecting to the present moment doesn't always have to be an hour-long yoga class or 20-minute meditation. **Sometimes all it takes is 30 seconds!** Use this quick pick-me-up throughout the day to ground, reconnect, refocus, and remind yourself what matters.



Materials

Your Lungs!

Creative Coping Card (CCC) optional

Group Leader Instructions

TRY IT YOURSELF: Go through the Individual Instructions first.

LEAD THE TROOPS: Lead the group through the steps (noting anything that helped you along the way). Then encourage them to use it whenever they need a pick-me-up.

Individual Instructions

TAKE A STEP BACK

If you catch yourself feeling overwhelmed, in your head, or funky, immediately stop what you're doing and take a step back. Then do the 3 Breaths & 3 Wishes. It only takes half a minute to find some calm.

1

BREATH 1 IS FOR YOU

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for yourself.

2

BREATH 2 IS FOR ANOTHER PERSON (FRIEND, FAMILY, PET, ETC.)

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for that person.

3

BREATH 3 IS FOR A COLLECTIVE, (FAMILY, CLASSROOM, COUNTRY ETC.)

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for the collective.

YOU'RE ALL DONE—CARRY ON!

3 breaths later and you're on your way! You've changed your brain. Feel free to repeat at any point in the day when you need to regroup. Share this practice with others! It works.