

# Let's Practice the Brain Break in Trios

- I invite you to sit down in an upright, comfortable position.
- Close your eyes or look down at your palms, to be respectful of others in the room.
- Take calm, slow breaths. Gently breathe in and out.
- Keep your shoulders relaxed.
  
- When you hear the chime, listen to the sound as long as you can **(hit chime – wait until you cannot hear the chime)**.
- Bring your attention to your breath **(pause for 10 seconds)**.
- Feel your tummy rising and falling **(pause for 10 seconds)**.
- If your mind wanders, that's ok, just try to bring your focus back to your breath **(pause for 10 seconds)**.
- Feel the air coming into your body and going out again **(pause for 10 seconds)**.
  
- 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 **(hit chime)**.