**Focused Breathing Script**

1. Sit in a comfortable position. Relax your shoulders. Relax your jaw. Let your eyelids get heavy. Close your eyes if you wish or look down at your hands
2. When you hear the chime, listen to the sound as long as you can.
3. Ring chime...(wait approx. 15 seconds)
4. Bring your attention to your breath. (Wait 15 – 30 seconds)
5. Feel the air coming into your body and the air going out.
6. Feel your tummy rising and falling. (Wait 15 – 30 seconds)
7. If your mind wanders, that’s ok, just bring your focus back to your breath. (Wait 15 – 30 seconds)
8. Now see if you can breathe a little slowly and a little more deeply. Feel your belly rising and falling. Let your belly be soft and relaxed. (Wait 15 – 30 seconds)
9. 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 and smile.
10. (Ring chime and wait for the sound to finish).
11. Discuss: How did this breathing feel? What did you notice? How did you keep your mind focused on your breathing?