

MindUP Breathing Script

Please use the following script to run the Mindful Breathing practice.

1. *Sit down in a comfortable position.*
2. *I am going to invite you to be present in the moment. Close your eyes. If you are not comfortable closing your eyes, please look down at your palms to be respectful of others in the room.*
3. *When you hear the chime, listen to the sound as long as you can.*
4. *Ring chime...(wait approx. 15 seconds)*
5. *Bring your attention to your breath.*
6. *(Wait 15 – 30 seconds)*
7. *If your mind wanders, that's ok, just bring your focus back to your breath.*
8. *(Wait 15 – 30 seconds)*
9. *Feel your tummy rising and falling.*
10. *(Wait 15 – 30 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 (Ring chime and wait for the sound to finish).

Thank you for being Mindful today.