# The exercises of the Breathing Break Intervention (BBI)

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| **Main parts** | **Learning objectives: Students** | **Name of exercise** | **Author** |
| **Intro-duction** | - …are invited to try out mindfulness positions while sitting or standing. | 1. king and queen posture | BBI |
| **Activating exercises** | - ...learn to feel their body.- ...experience how it feels to be in contact with their breath.- ...get to know their breath better.- ...learn to talk about what is happening in their body and their breath.- ...experience and allow a moment of silence. | 2. breathing probe | BBI |
| 3. rainbow breathing | W. Kinder  |
| 4. switching on and off | W. Kinder |
| 5. chair acrobatics | BBI |
| **Calming exercises** | - ...learn to feel their breath in a state of rest.- ...learn to find peace and relaxation in their bodies by paying attention to their breath.- ...learn to talk about processes in their body and about their breath.- ...experience and allow a moment of silence. | 6. sitting still like a frog | E. Snel  |
| 7. with the flow | W. Kinder |
| 8. mountain and valley breathing (flower breathing) | W. Kinder |
| 9. breath waves | W. Kinder |
| **Exercises for body awareness** | - ... learn to focus their attention specifically on different parts of their body.- ... establish a deeper connection to their body and thus get to know it better.- ... experience a sense of security and centeredness in their body through training their body awareness.- ... notice an anchoring of attention in the present moment based on their bodily sensations. | 10. foot games | M. Leipold & M. Affeldt |
| 11. hand awakening | M. Leipold & M. Affeldt |
| 12. hand awareness | V. Kaltwasser  |
| 13. foot awareness  | V. Kaltwasser  |
| 14. mindful listening | D. Recht-schaffen |
| **At the end** | - ... learn about patience, trust, and the ability to let go. - ... learn to trust in change and not to want to control things that cannot be influenced. | 15. wish tree | E. Snel |

## References

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