

CHAPTER 10

Before We Begin: Let's Make Breathing Concrete

The most important type of Anywhere Body Break that your students should master is definitely completing a functional deep breath. Utilizing the lesson plan and corresponding breathing visual tools should assist in their ability to truly internalize this skill.

LESSON 9: EXPLORING TANGIBLE BREATHING FOCUSERS

Objective: Students will learn to utilize Tangible Breathing Focusers as a type of Tool connection to Slow and Tired, Fast and Emotional, and Fast and Wiggly states of regulation.

Materials:

- visual timer
- written schedule on board (1. Big Body Break exercise; 2. Talk about Breathing Tools when you're in different states of regulation; 3. Group work; 4. Independent practice; 5. Group wrap-up)

Connection: Close your eyes and focus on your breathing. Why do you think that we are focusing on breathing right now? Why is breathing so important? Breathing is the *most* important exercise that you can do. It gets your body into a

Just Right state by calming down the nervous system quickly. It is important that your breathing is done in a Just Right way. That is why I am going to introduce you to some Breathing Tools to help you when using your Anywhere Body Break breathing is not enough.

Explicit instruction: Look at the three pictures on the board. These are three different ways that we will practice breathing today. You are going to watch me first and then we will break up into three groups and practice these exercises on the board.

- A. Trace the Train Breathing: this is a train that wants to go through the tracks to the train station on the other side. First, pick up the marker with the hand that you write with.
 1. Breathe in as you carefully trace from the arrow one time.
 2. Breathe out.
 3. Switch hands. Pick up the marker in your opposite hand.
 4. Breathe in as you carefully trace from the arrow one time.
 5. Breathe out.
 6. Pick up the marker, now with both hands. Breathe in for a third time—carefully trace from the arrow one time. You are finished.

- B. Press the Circles Breathing:
 1. For this exercise, you will firmly press each circle.
 2. The more you breathe, the lighter the circle gets.
 3. Breathe in, press firmly—hold for five seconds, breathe out.
 4. Repeat.

- C. Say the Feelings Breathing: do you see the different faces on this card?
 1. Point to the first one. Say the feeling—breathe in, and slowly breathe out.
 2. Repeat with each feeling. For example, the first one is happy, so I will say “happy” and breathe in and breathe out.

Guided practice: Okay, now that I have taught you how to practice each of these Breathing Tools, you are going to split into your groups and practice them on your own. Once the timer goes off, you will switch to the next Breathing Tool. When you have practiced each Breathing Tool, you will join me on the rug.

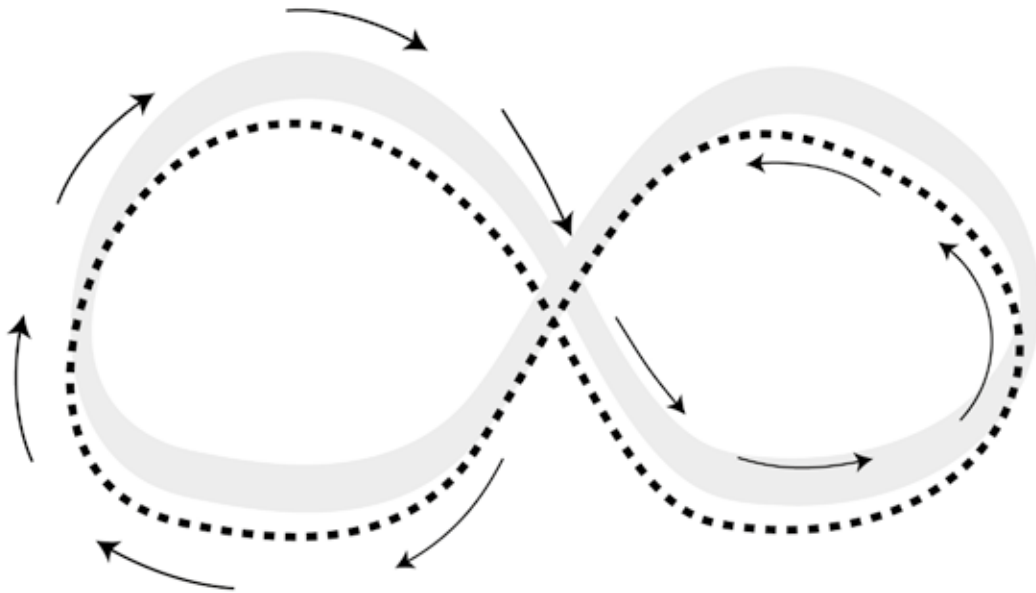
Independent practice: Think about times in the school day when using one of these Breathing Tools would be most helpful for you. In your own time, you will try these Breathing Tools when you think you need them most. You can use one or all of the Breathing Tools—just remember to use the one that works best for you to feel Just Right.

Group wrap-up: Which type of breathing felt most helpful? What time of the school day do you think you may want to use this tool?

★ TRACE THE TRAIN BREATHING

Directions:

1. Breathe in as you carefully trace from the arrow one time.
2. Breathe out.
3. Switch hands. Pick up the marker in your opposite hand.
4. Breathe in as you carefully trace from the arrow one time.
5. Breathe out.
6. Pick up the marker, now with both hands. Breathe in for a third time as you carefully trace from the arrow one time. You are finished.

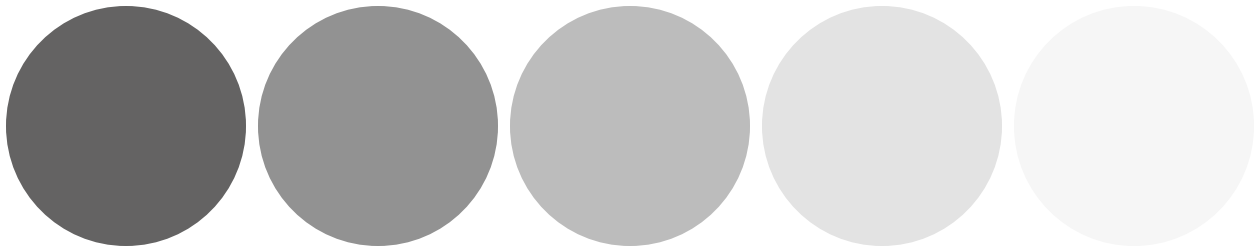


PRESS THE CIRCLES BREATHING



Directions:

1. For this exercise, you will firmly press each circle.
2. The more you breathe, the lighter the circle gets!
3. Breathe in, press firmly—hold for five seconds, breathe out.
4. Repeat.



★ SAY THE FEELINGS BREATHING

Directions:

Place your finger on the face. Say the feeling. Breathe in and out. Keep going until you finish.

