

REMEMBERING TO BREATHE

Review the breathing techniques below and select one to complete as a class.

BOX BREATHING (4-4-4-4)

How to do it: Inhale for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and pause for 4 seconds before starting again.

Why it helps: This technique calms your mind, reduces stress, and gives you time to notice how you're feeling.

BELLY BREATHING

How to do it: Place one hand on your belly. Inhale deeply through your nose so your belly expands, then exhale slowly through your mouth.

Why it helps: This deep breathing relaxes your body and helps you focus, especially when feeling overwhelmed or anxious.

COUNTING BREATHS

How to do it: Inhale and exhale naturally while counting each breath. For example, "1" on the inhale, "2" on the exhale, up to 10, then start over.

Why it helps: Focusing on your breath helps you stay present, improves self-awareness, and quiets racing thoughts.

(continued below)

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ACTION PLAN

The next time that I am dealing with challenging emotions, I will self-manage by...

I plan to pause daily by...

One way that I can pause to work on my emotions at school is...

One way that I can pause to work on my emotions outside of school is...