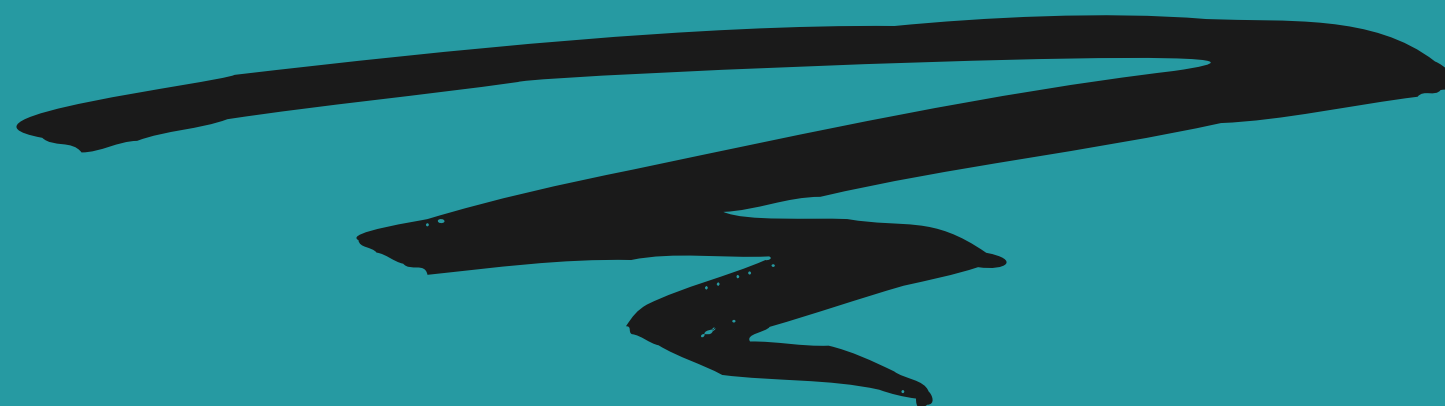




HEALTH IS WEALTH

REMEMBERING TO BREATHE



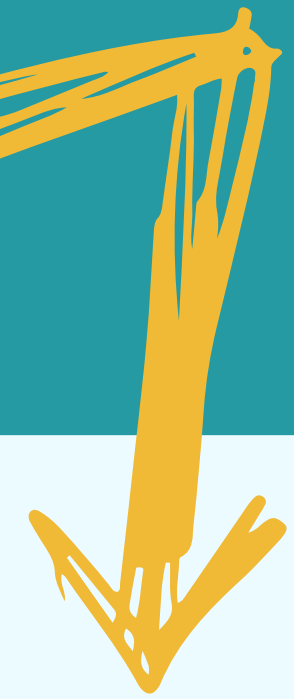
INTRODUCTION

Today, we will

- * Analyze the importance of using breathing exercises to handle emotions
- * Reflect upon the role of breathing in our everyday lives
- * Evaluate the breathing practices appearing in Stormzy's song "Don't Forget to Breathe"



SEL CONNECTION



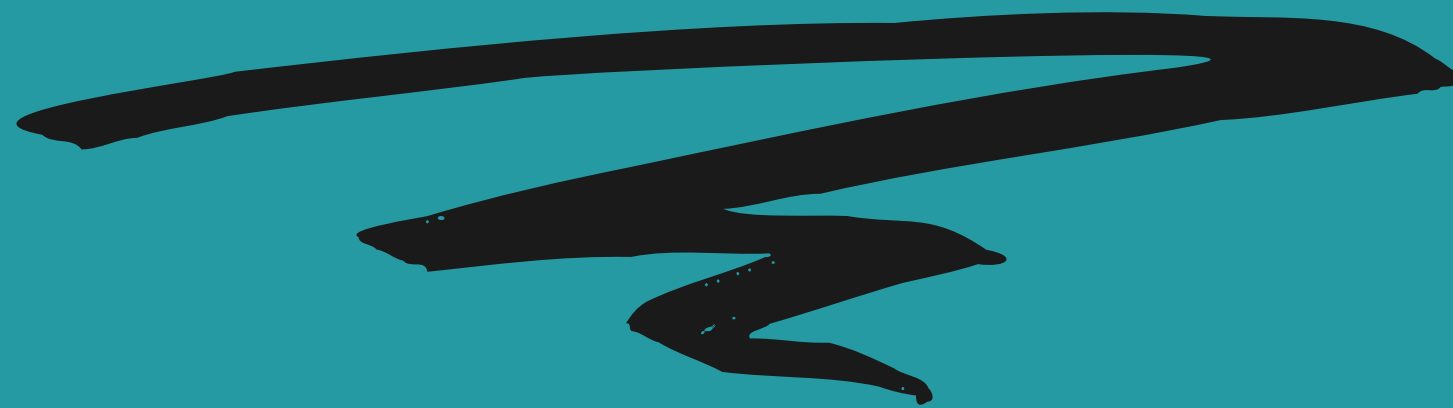
This lesson addresses the role of breathing in **self-awareness** and **self-management**.





ICEBREAKER

A DEEP BREATH





A DEEP BREATH

Did you know that deep breathing can trick your brain into feeling calm? When you take slow, deep breaths, it sends a signal to your brain to relax, lowering your heart rate and helping your body let go of stress — even if you're feeling nervous or overwhelmed. It's like having a built-in reset button!

Breathe



ICEBREAKER



WATCH A VIDEO

A DEEP BREATH

Watch and participate in this Headspace mini meditation.





A DEEP BREATH

REFLECTION QUESTIONS

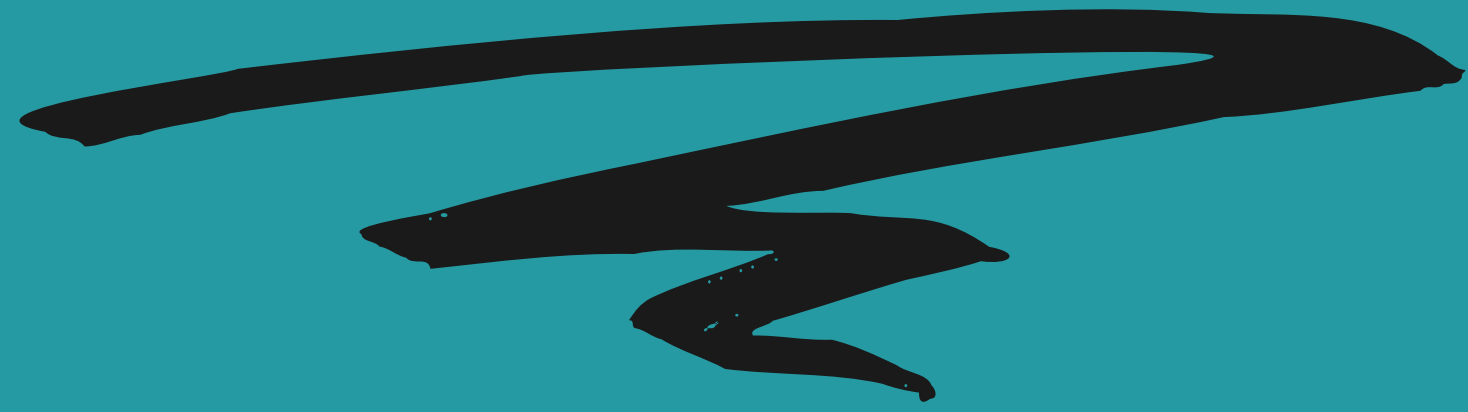
- How did you feel before and after the breathing exercise?
- Was it difficult to focus on your breathing? Why or why not?
- How could mindful breathing help you manage stressful or overwhelming moments in your life?





LESSON PART ONE

DON'T FORGET TO BREATHE



LESSON: PART ONE



WATCH A VIDEO

DON'T FORGET TO BREATHE

- 1) Watch "Don't Forget to Breathe" by Stormzy, featuring Yebba.
- 2) Listen closely to the lyrics and reflect on their meaning.

DON'T FORGET
TO BREATHE





DON'T FORGET TO BREATHE

LYRICS

You just chase your dreams / You don't even take the time to sleep / But don't forget to breathe / Don't forget to breathe

And when you're down and out / Just hold on, please / Or just close your eyes and count to three / But don't forget to breathe / Don't forget to breathe

REFLECTION QUESTIONS

- What is the lesson Stormzy is delivering with these lyrics?
- Make a personal connection: Describe a time in your life that relates to one of the lyrics and how it resonates with your experience.
- Consider an upcoming life event or moment where you could be intentional about using breathing as a tool. How would it help you?





LESSON PART TWO

BREATHING ACTION PLAN





BREATHING ACTION PLAN

We will learn about three self-management breathing strategies.

Which one will you like to try as a class?



1

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.



2

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.



3

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.



LESSON: PART TWO

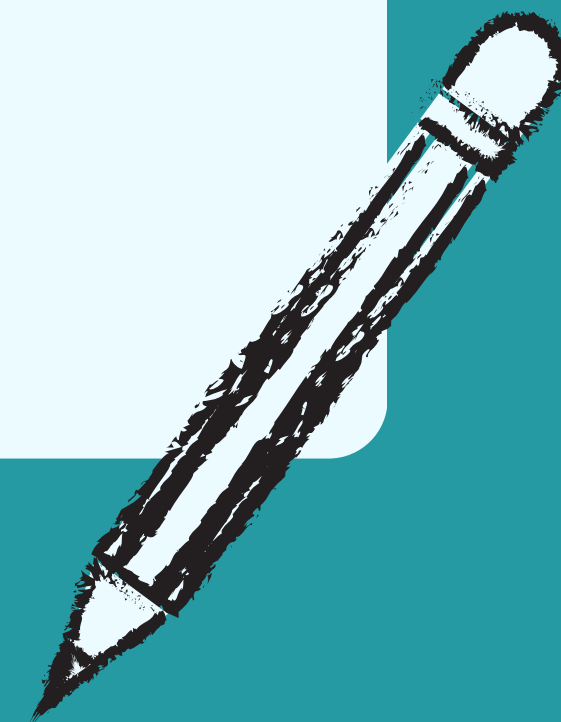


WRITING

BREATHING ACTION PLAN

Using the graphic organizer, complete the self-management action plan.

Consider the 3 self-management breathing strategies as you work.





LESSON
PART THREE

ACTION PLAN DEBRIEF





ACTION PLAN DEBRIEF

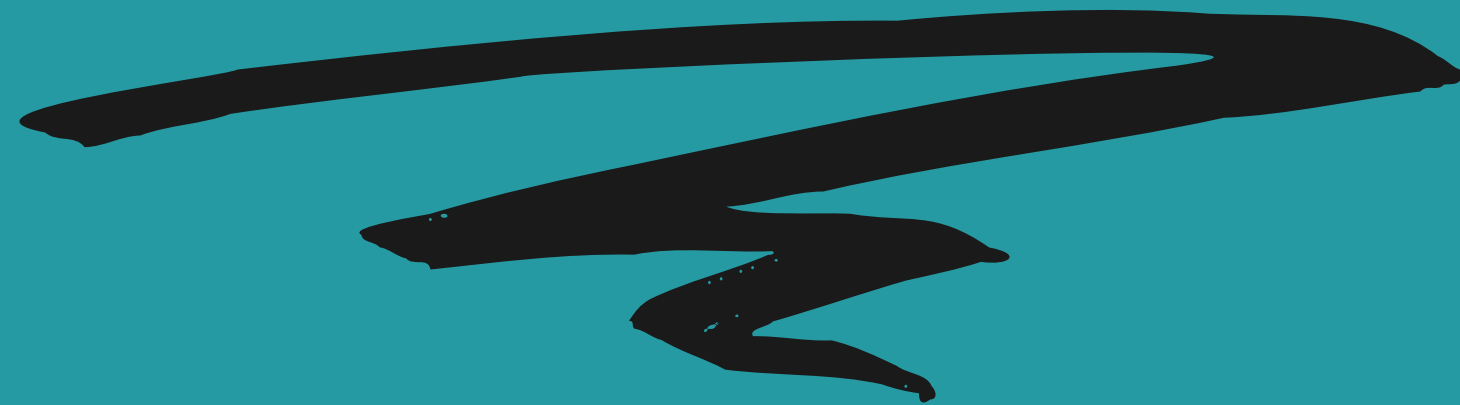
REFLECTION QUESTIONS

- What are the strengths of this action plan?
- What are some potential improvements?
- What is another approach that can be used to manage emotions?





DEBRIEF / EXTENSION



EXTENSION



WRITING

REMEMBERING TO BREATHE

Write a mantra, a short positive phrase, that you can use when you need to pause and breathe.

“ *I am calm, I am strong, I can handle this.* ”

