



**HEALTH IS WEALTH**

# REMEMBERING TO BREATHE



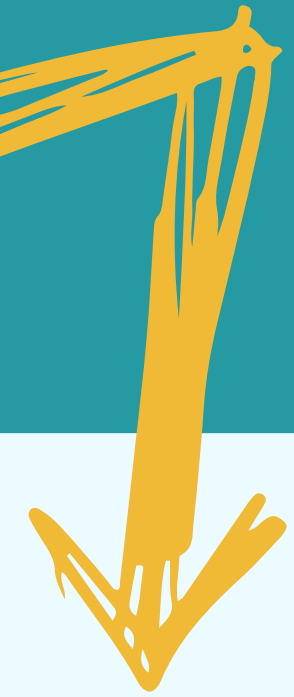
# INTRODUCTION

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



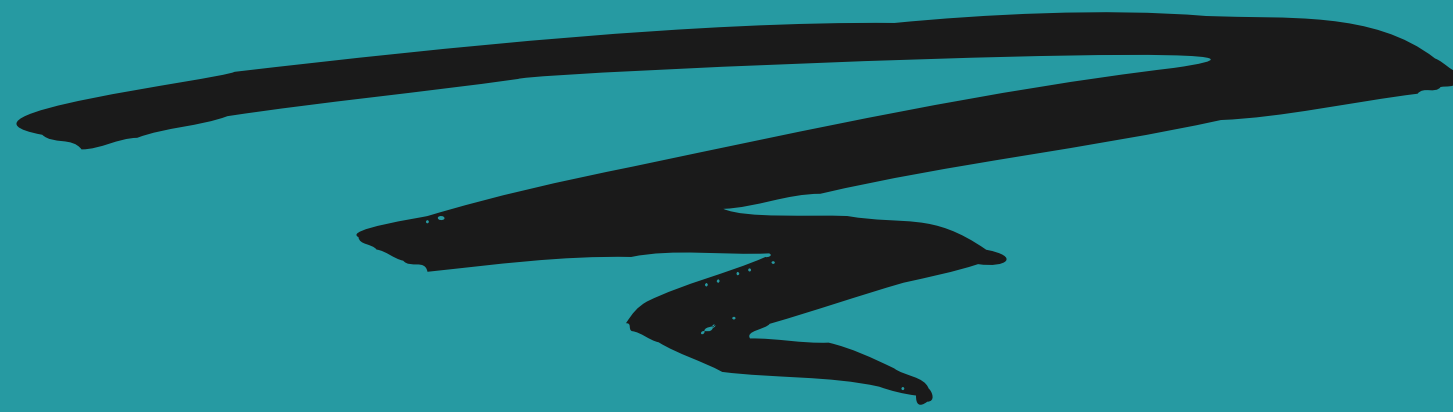
This lesson addresses the role of breathing in **self-awareness** and **self-management**.





# 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

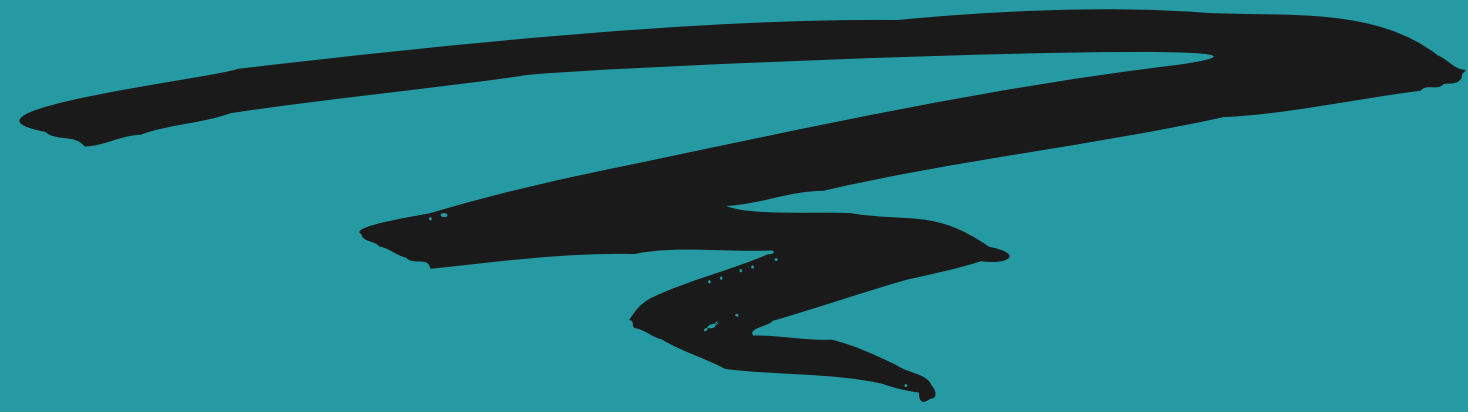
- How did you feel before and after the breathing exercise?
- Was it difficult to focus on your breathing? Why or why not?
- How could mindful breathing help you manage stressful or overwhelming moments in your life?





# 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?



A large black arrow points from the top left towards the center. A white paper strip with a torn edge is positioned horizontally across the top center, containing the text 'LESSON PART TWO'.

LESSON  
PART TWO



# BREATHING ACTION PLAN

A large, thick, black brushstroke graphic that starts as a horizontal line and then curves downwards and to the right, ending in a jagged, scribbled tip.



### 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

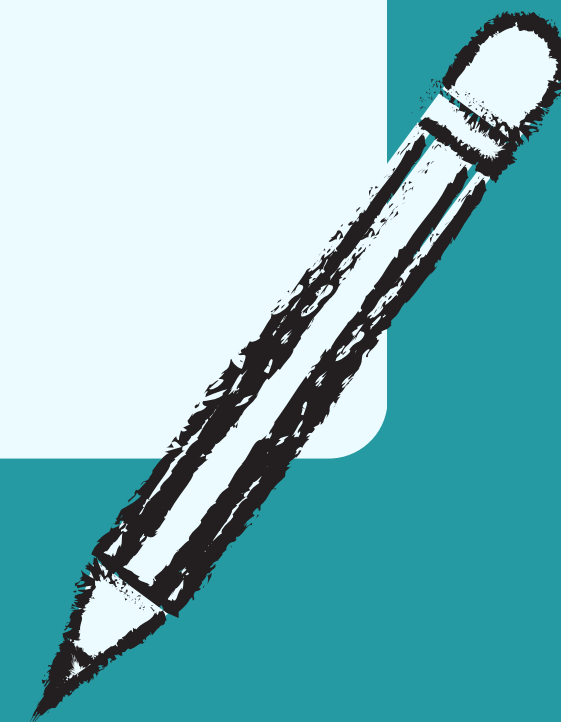


WRITING

## 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

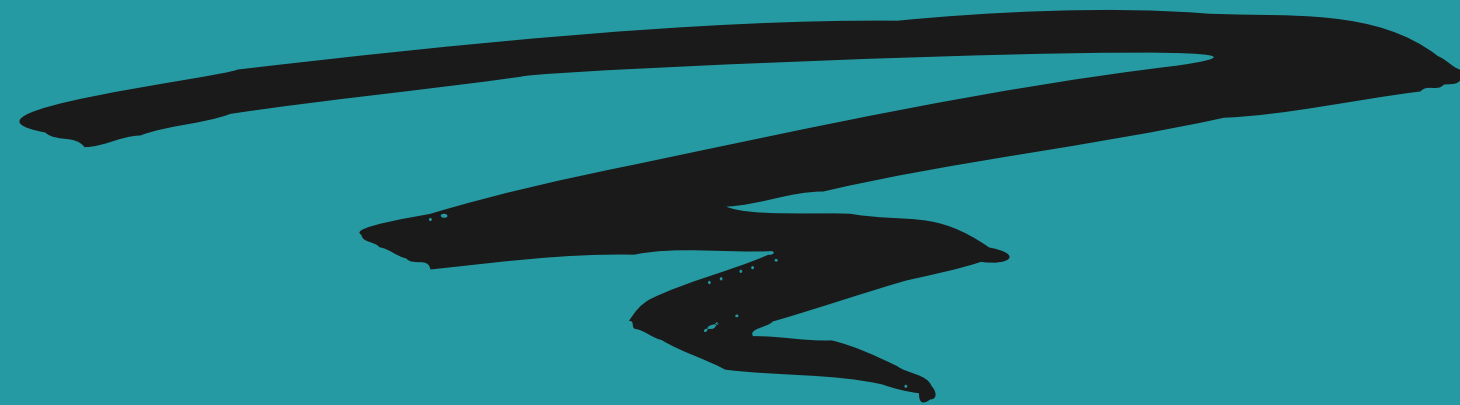
#### REFLECTION QUESTIONS

- 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





## 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.* ”

