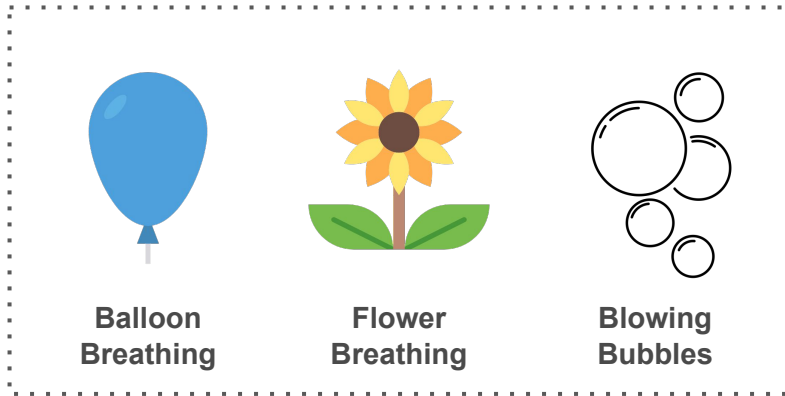


Calm Breathing Techniques

GOAL: Help students understand what it feels like to be calm and to practice calm-breathing techniques.



Instructions for Virtual Adaptation:

1. Schedule a time to meet with students via a video-conferencing service.
 - Ask caregivers to assist and co-participate, if possible.
2. Invite students to think about what makes them feel calm and relaxed (for example: listening to music, reading a book, or lying down).
3. Share with students three breathing techniques that they can use when they want to feel calm, and have them practice each a few times:
 - **Balloon Breathing:** Sit in a relaxed, comfortable position. Breathe in slowly through your nose, filling your belly with air like a balloon. Breathe out slowly.
 - **Flower Breathing:** Breathe in through your nose, imagining the fragrance of a sweet-smelling flower. Breathe out with an “ahhh” sound.
 - **Blowing Bubbles:** Imagine that you have a jar of bubbles in front of you. Take off the lid. Dip the wand into the bubbles. Take a deep breath and fill your belly with air. Now take the wand out of the jar, breathe out very slowly in order to blow a large bubble, without popping it. Repeat these steps to blow more bubbles.
4. Ask students which technique they like best and suggest that they practice that method. Tell students that knowing and practicing calm-breathing techniques can help them be strong learners, helpful friends and successful problem-solvers.



Source: Panorama Playbook, courtesy of

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Related Research: [What Focusing on Your Breath Does to the Brain](#)