

Breathing Activities

Pause & Breathe (.b)

Purpose: This activity provides visual reminders for students to pause and breathe throughout class.

By taking the time to breathe, teachers and students can benefit from their body relaxing and the central nervous system calming.

Preparation:

You will need:

- Copies of .b document (colorful .b squares below)
- Scissors
- Tape or sticky tack

Photocopy the .b document and cut out the squares so that each student has one .b square.

Instructions:

1. Give each student one .b square and some tape or sticky tack.
2. Brainstorm with the students the importance of pausing and breathing.
3. Practice controlled breathing to demonstrate how breathing helps students to calm down, de-stress, or defuse a situation.
4. Discuss suggestions on where students might need to have these reminders: on their desk, lockers, classroom door, the wall in their view, a recess door, or any other place where the student might find themselves under more stress than usual.
5. Allow students time to place their .b squares in their special places.

Please note: This activity is passive and completed at the student's own pace and need. Explain to students that they can pause and breathe whenever they see a .b square and need to take a moment for themselves to relax and calm down.

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.b	.b	.b
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.b	.b	.b
.b	.b	.b
.b	.b	.b

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