

Theme: YOU

Educational Resources: K-6th

Title: Breathing Benefits

Subject: Any Subject

Prep Time: 5 minutes

Activity Time: 15 minutes

Activity Description:

The purpose of this activity is to be aware of and validate the need for a quick break to reset and refocus.

Direct Instruction –

Inform students that there are many benefits to mindful breathing. Deep breathing can:

- Help to manage stress and even pain
- Reduce feelings of anxiety and depression
- Stabilize (or lower) your blood pressure
- Send more oxygen to your body's organs
- Promote calm, by affecting your nervous system

Lower the lights in your classroom and shut the door so it will be quiet. Have students recognize how they currently feel. Students are going to practice one method now. The method is called 4-7-8 Breathing. Have the students inhale through their nose for four counts, then hold that breath for seven counts then exhale through their mouth slowly for eight counts.

Individual Activity –

Have the students practice the method a few times on their own. Ask them to evaluate themselves before and after the exercise.

Partner Activity-

Ask students to explain to a partner what felt better in their bodies after they practiced the method a few times. Tell them to ask their partner if they feel calmer and if they feel like they are holding less tension now. Ask them to explain any other positive feelings this exercise gave them.

Group Activity –

Tell the class how the exercise made you feel better. Ask if there are any students that want to share with the class the positive impact they had.

Outcome Measurement:

Ask students to write one paragraph describing how this method of resetting works for them. Have them include how they will continue to use methods of evaluating themselves and resetting when needed.

Sources:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/breathing-brings-benefits-infographic>

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**