



SQUEEZES

CALMING & REFOCUSING STRATEGIES

LESSON PLAN

Purpose

Calming and Refocusing activities help students regain calm after exercise or high energy transitions and bring their attention back to their body by focusing on breathing and slow purposeful movement. The use of these strategies can aid in self-regulation, stress reduction, and attention refocus.

Materials

- Squeezes instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

- Relax both arms
- Breathing slowly, gently squeeze one wrist
- Move slowly up their arm, gently squeezing from their wrist to their shoulder
- Move slowly back down their arm, gently squeezing from their shoulder to their wrist
- Switch arms and repeat

Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Vary their squeezing pressure



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CLASSROOM APPLICATION

Recommendations

- To avoid younger students' tendency to 'race' up the arm to see who can get to their shoulder first, prompt students to close their eyes while practicing.
- Softly count to 10 going up the arm and then back down to keep students on pace with slow deep breaths.
- While moving up the arm, consider modifying to include counting in different languages and/or skip counting for math practice.
- Cue students to experiment with using lighter or heavier pressure depending on what feels best.
- This is a great strategy for students who respond well to sensory pressure.
- Students can also incorporate calf squeezes up and down their calves.
- As a one-on-one strategy, this is helpful for students who are experiencing heightened levels of emotions and need to recenter.



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