



# BREATHING BALL

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

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

### Procedure: *Instruct students to*

- Relax in a comfortable position with their hands on their stomach
- Slowly inhale through their nose feeling their stomach expand like an inflating ball
- Slowly exhale through their mouth, imagining the ball deflating
- Repeat for a set number of repetitions, amount of time, or until they are feeling calm and refocused

### Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Use their imagination or move their hands to help picture an inflating and deflating ball



VIRGINIA  
Chief Movement Officer



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## CLASSROOM APPLICATION

### Recommendations

- The breathing ball is a great visual for reminding students to take slow, not quick breaths.
- Pairing with an actual breathing ball for each student (or just the teacher) can enhance the strategy.
- This exercise is especially helpful for overly stimulated students who need to regain focus and attention.
- Instead of using the image of the ball, ask children to imagine a balloon instead.
- Very easily done without being noticed, so good for diminishing self-consciousness.



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