



# RAINBOW BREATHING

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-management, stress reduction, and attention refocus.

### Materials

- Rainbow Breathing instructional video (coming soon)

### Procedure: *Instruct students to*

- Stand tall with hands down at their side, palms facing out
- Open and close hands to warm them up
- Step 1: slowly lift arms up along their sides and over head then slowly bring arms down, returning to sides
- Step 2: breathe in as arms come up, breathe normally as your arms are over head for a few seconds, then take a breath and exhale as you bring your arms down
- Repeat Step 2 a few times, breathing in as you go up, and exhaling as your arms come down

### Modifications: *Students can*

- Sit comfortably in a chair making sure they are sitting tall at the edge of their seat while completing the stretch



VIRGINIA  
Chief Movement Officer

A graphic of a rainbow made of small, multi-colored squares above the word "fresh" in a bold, dark blue font.  
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## CLASSROOM APPLICATIONS

### Recommendations

- Ensure students have adequate spacing to avoid bumping into one another.
- Great for use in an art classroom or where there is a visual of a rainbow present.
- Strategy can easily be used with students while seated.
- Modify the breathing component to include taking a deep breath in while raising arms, holding it at the top, and then breathing out while lowering arms.
- Alternate between standing or sitting during this strategy, depending on student/teacher preference.
- Consider starting in a squat position with arms down, slowly stand while raising arms, then reverse movement when coming back down.
- Add an interactive mindfulness part in the beginning. Have students feel their feet pushing into the ground and then slowly grow up like a tree and spread their arms like branches before taking a breath.



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