



SQUARE 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

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

Procedure: *Instruct students to*

- Use good posture with feet flat on the floor and hands resting palm up
- Inhale through their nose for a slow count to four
- Hold their breath for a slow count to four
- Exhale through their mouth for a slow count to four
- Repeat for a set number of repetitions, amount of time, or until they are feeling calm and refocused

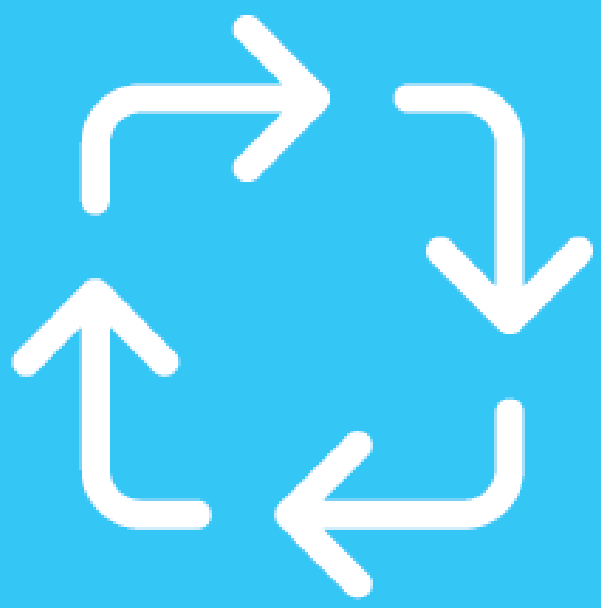
Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Increase or decrease the count as needed
- Breathe in and out without holding breath



VIRGINIA
Chief Movement Officer

fresh
WWW.FAUQUIERFRESH.ORG



SQUARE BREATHING

CALMING & REFOCUSING STRATEGIES

CLASSROOM APPLICATION

Recommendations

- Have a tactile square for students to physically trace while doing the strategy. Or, direct students to trace a square in their palm.
- Younger students may benefit from shorter breathing cycles (2-3 seconds instead of 4).
- Have students visualize something to count to help them focus on the breathing cycles (favorite foods, places to visit, things to do, etc.).
- When guiding students through the strategy, use prompting words like “in”, “hold” and “out” to help them keep pace with their breathing cycles.
- Pair with yoga-inspired breathing techniques (i.e. breathing in/out through one nostril at a time).
- Strategy can be done in silence and/or paired with soothing music.



VIRGINIA
Chief Movement Officer


WWW.FAUQUIERFRESH.ORG