



5 - 4 - 3 - 2 - 1

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

- 5, 4, 3, 2, 1 instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

- Breathe slowly in through their nose and out through their mouth while thinking of
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Modify the list with fewer items
- Teacher/leader names the items to think about



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CLASSROOM APPLICATION

Recommendations

- This strategy does require more planning as it is longer and more time consuming.
- Students prone to anxiety and/or feelings of being overwhelmed found this strategy especially helpful.
- This strategy can be introduced as part of a larger lesson on 'sensory imagery' so it is more relatable to all students, not just those experiencing anxiety.
- Consider prompting students to focus on senses they are currently experiencing or those they would like to experience (i.e., a favorite sound, food smell, flavor, etc.)
- Teachers may find it helpful to reorder the sense prompts for easier recall (i.e., 1 taste, 2 smells, 3 sounds, 4 feelings, 5 sights).



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