



# HAND TRACING

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

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

### Procedure: *Instruct students to*

- Hold one hand out in front of them with fingers spread apart
- Breathe in slowly through their nose as they trace up their thumb with the index finger from the opposite hand
- Breathe out slowly through their mouth as they trace down the other side
- Continue to slowly breathe in as they trace up one side and breathe out as they trace down the other side of each finger on their hand
- Repeat the steps on the opposite hand

### Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Trace entire hand without tracing individual fingers



VIRGINIA  
Chief Movement Officer

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## CLASSROOM APPLICATION

### Recommendations

- Students may find it more calming to rest their hand on the desk rather than hold it in the air.
- Students with special needs may need to be directed to “breathe in” and “breathe out” while tracing their fingers as doing two actions at once can sometimes be challenging.
- Students can use this strategy discreetly while still paying attention to the lesson being taught, especially if the hand tracing motion is done under the student’s desk.
- Strategy can be done in silence and/or paired with soothing music.



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