



CALF RAISES

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

- Calf Raises instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

- Find a comfortable position with feet shoulder width apart
- Slowly raise heels off the ground, balancing on their toes
- Slowly inhale when raising their heels
- Slowly exhale when bringing their heels back to the ground
- Find a consistent pace going up and down

Modifications: *Students can*

- Sit comfortably in a chair or stand
- If seated, lift heels and squeeze leg muscles
- Hold the raise for shorter or longer length of time
- Place one hand on a desk or wall for balance



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CLASSROOM APPLICATION

Recommendations

- This strategy offers a great opportunity for getting students out of their seats as the stretching motion is beneficial for those who have been sitting for long periods of time.
- Offers an easy movement break while still being able to pay attention to the teacher.
- When using the strategy multiple times, encourage students to build up to holding the position for longer periods and/or building up to a single-leg calf raise.
- Loss of balance during the activity can contribute to disrupting the calming environment. To avoid this, consider giving students the option to hold onto a desk or wall to increase balance.
- Incorporate skip-counting with calf raise repetitions to help with multiplication facts.



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