


Roller COASTER




1. Slowly bare your left hand with your right index finger starting where your hand and wrist meet.
2. As you trace each finger breathe in as your finger curls up and breathe out as your finger slides down.
3. Pretend that your finger is a slow roller coaster car, going up and down the tracks.
4. Remember this is a SLOW roller coaster, instead of going fast, your roller coaster car moves very, very slow.
5. After you have traced your entire hand, switch hands and try it again.

Rocks & SOCKS



1. Take in a deep strong breath.
2. Make fists with your hands.
3. Separate your hands with up much force, it is as if your strength can transform your fists into solid, indestructible rocks.
4. When you can't stand it any longer, exhale and release your fists.
5. Let go of all that tension and relax as if your hands and arms have turned into dangling socks.
7. Try tracing other parts of your body, such as your shoulders, legs, and feet into rocks and socks, too!

Hawk HUG




1. Cross your arms in front of you.
2. Hold your left shoulder with your right hand and your right shoulder with your left hand.
3. Breathe in and out for 5 slow-breaths.
4. Pretend that your hands are like hawk wings, and alternating each hand, gently flap them against your shoulders for a minute or so.
5. If you feel comfortable doing such, close your eyes as you fly.
6. After flying for a few moments, give yourself a hug.

FIRE HANDS




1. Rub the pairs of your hands together, back and forth as quickly as you can.
2. Notice the sensations in your hands and arm muscles. Focus on the strength and heat you are creating.
3. When you feel the warmth close your eyes.
4. In silence, place your hands gently on top of your head.
5. Pay attention to the transfer of warm energy between your hands and head.
6. Slowly bring your arms to your side.
7. Notice how your body feels as you breathe in and breathe out.

Ocean WAVES




1. Cover your ears with your hands.
2. Close your eyes.
3. Take long and slow in-breaths and out-breaths.
4. Zoom your attention to the sound that your breathing makes.
5. Visualize peaceful ocean waves rolling slowly back and forth towards the shore.

Trace EIGHT




1. Pretend that your index finger is an imaginary pencil.
2. As you breathe in, trace or 'draw' the top part of the number 8 in the air, on the table, or on your leg.
3. Trace the bottom part of the number 8 as you breathe out.
4. If you have a Breathing Board use that.
5. Slowly trace and follow the arrows with your finger.
6. Start in the center and take a deep breath in.
7. When you cross over to the other side, slowly let your breath out.

Bubble BREATH




1. Pretend you are holding a bubble wand in your hand.
2. Take a deep breath in.
3. Hold that breath for a moment.
4. Slowly breathe out.
5. Visualize shimmery bubbles floating into the sky.
6. If there is something you are worried about right now, imagine that the bubbles are carrying that worry away.

Balloon BELLY




1. Pretend that your belly is like a balloon.
2. Take in a slow, strong breath.
3. Notice how the balloon gets bigger as it inflates with air.
4. Slowly breathe out.
5. Pay attention to how the balloon gets smaller as it deflates.
6. Take a Few quiet moments to practice slowly inflating and deflating your balloon belly.

Buzzing BEE




1. Take a few natural breaths.
2. Close your eyes and mouth.
3. Breathe in through your nose, keep your lips tightly sealed.
4. When you exhale, hum the sound of the letter M.
5. Notice how the vibrations feel in your mouth.
6. Continue humming the M sound until you feel the need to shake again.
7. Repeat the buzzing bee breath several times.

Hand Over HEART




1. Place one hand over your heart.
2. Place your other hand over your belly.
3. Zoom your attention on your breathing and to the sensation in the space between your 2 hands.
4. Do this for a few moments.
5. Move your hand from your belly to your forehead.
6. Focus on your breath and space between your hands.
7. Place both hands over your heart.
8. Tell yourself something kind and compassionate, such as: I am lovable or Everything will be okay.

What I FEEL



1. Sit comfortably. Feel yourself sink into the chair or floor.
2. What are 3 things that you physically feel or are touching right now?
3. Tell yourself the names of these 3 things.
4. Feel really feel their textures, movement, and temperatures.
5. Take a slow, strong breath in and out.
6. Say to yourself, 'Thank you dear body and sin for letting me feel.'

What I SEE



1. Look around and notice what surrounds you.
2. What are 3 things that you see right now?
3. Tell yourself the names of these 3 things.
4. Look really look at their colors, shapes, sizes, lines, and movements.
5. Take a slow, strong breath in and out.
6. Say to yourself, 'Thank you dear eyes for letting me see.'

Hot COCOA



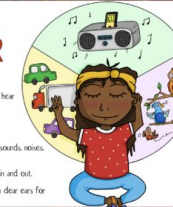
1. Pretend you are holding a mug of hot cocoa cradled between both of your hands.
2. Bring the mug near your face.
3. Take a slow breath in.
4. Imagine that you are smelling the yummy, comforting chocolate aroma.
5. Slowly, with gentleness, exhale.
6. Pretend to blow the steaming hot cocoa to cool it down.

Bunny SNIFF



1. Sit up tall and still like a bunny.
2. When you breathe in through your nose, take three quick, short sniffs, in a row.
3. Pause for a moment.
4. Slowly breathe out through your mouth.
5. Do the Bunny Sniff several times.
6. Pay attention to the energy in your body as you breathe this way.

What I HEAR



1. Close your eyes if you are comfortable doing such.
2. What are 3 things that you hear right now?
3. Tell yourself the names of these 3 things.
4. Listen really listen to their sounds, notes, volume, and tone.
5. Take a slow, strong breath in and out.
6. Say to yourself, 'Thank you dear ears for letting me hear.'

Breathing Strategies

Learner Profile

Use the clues on the next slide.
What learner profile am I?

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What attribute am I?

- I try to help others.
- I want people to be happy.
- I am sensitive to others' needs.
- I care for others.

I am a CARING learner!

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Who in history has been caring?

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Who in history has been caring?

- Who am I?



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Who in history has been caring?

- I am Mother Teresa.
- I devoted my life to serving the poor and destitute around the world.



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Can you think of any current caring people?

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Can you think of any current caring people?

- Who am I?



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Can you think of any current caring people?

- I am Jane Goodall.
- I have dedicated my life to protecting chimpanzees and conserving their habitat.



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How can we be caring (at school and in the wider world)?

