



# Social Emotional Virtual Learning

**ECSE/K-2nd Grade**

# **Taking Deep Breaths**

**April 14th, 2020**



# ECSE/K-2nd Grade Social Emotional Learning

## Lesson: 4/14/2020

### **Learning Target:**

Students will learn breathing strategies to calm down, relax, and focus.

We can all take deep breaths to help us calm down, relax, and focus.

Today, we will walk through 4 different strategies from Conscious Discipline.

**Let's Get Started!**



## Let's do the S.T.A.R.

- 1) Watch this [video](#).
- 2) Here are the steps:  
Smile  
Take a deep breath  
And  
Relax
- 3) Now, you try it!



Let's do the Balloon.

1) Watch this [video](#).

2) Here are the steps:

- Place your hands above your head and put your fingers together
- Raise your hands slowly while breathing in through your nose
- Lower your hands while you breathe out and make a “brrr” sound

3) Now, you try it!



Let's do the Drain.

1) Watch this [video](#).

2) Here are the steps:

- Put your arms out
- Make a fist
- Squeeze your fist
- Breathe out and make a “shhh” sound

3) Now, you try it!

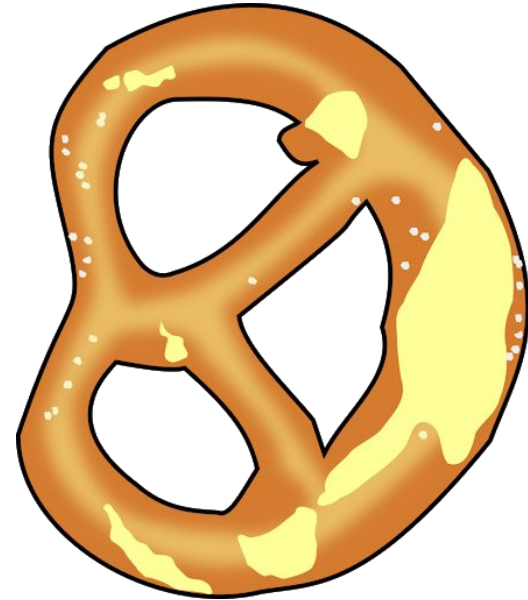


# Let's do the Pretzel.

1) Watch this [video](#)

2) Here are the steps:

<b>Do this</b>	<b>Try this (if you want to challenge yourself)</b>
<ul style="list-style-type: none"><li>- Arms out</li><li>- Wrap yourself</li><li>- Breathe in and out</li></ul>	<ul style="list-style-type: none"><li>- Arms out</li><li>- Flip your arms so that your thumbs are down</li><li>- Cross your arms</li><li>- Put your fingers together</li><li>- Bring your arms in</li><li>- Breathe in and out</li></ul>



3) Now, you try it!

## Self-Check:

Now that you've learned all four strategies, choose one strategy that you like the most.



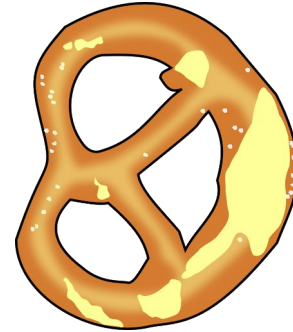
**S.T.A.R.**



**Balloon**



**Drain**



**Pretzel**

This will be your go-to breathing strategy when you need to relax, calm down, or focus.