

**COURSE RECAP**

# Tools for Creating a Calm Classroom: Deep Breathing

DECEMBER 10, 2019 // 8:00PM EST

Led by  
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*Coaching Series*

LIVE  
MONTHLY  
MEMBER BENEFIT

# Thank you for joining us!

THIS MONTH WAS ABOUT



Creating a culture of  
calm in your classroom.

## Let's go over what we learned.



## Benefits of deep breathing in creating a culture of calm in the classroom

- **Increased exchange of oxygen in the brain and body brings clarity and calm**
- **Increased oxygen enhances positive mood**
- **Increased oxygen decreases emotional distress and calms the stomach**
- **Slows the body**
- **Calms the mind**
- **Nurtures the spirit**

## Seven-step method for deep breathing...

- **Uses the hands and fingers while deep breathing**
- **Gives students something to do**
- **Gives students something to focus on**
- **Gives students something to keep them still, in their personal space, yet personally engaged**

## Classroom triggers for cueing the need for deep breathing exercise

- **Someone is feeling stressed.**
- **Someone is feeling overwhelmed.**
- **Someone is feeling negative.**
- **Transition between lunchtime and class time**
- **Transition between inside and outside the classroom**
- **You need to gain control of the energy in the classroom**
- **Testing times**

# Five-Finger Deep Breathing Exercise

Breathe in as you count to five.

Exhale as you count to five.

Make fists with both hands and squeeze hard. Notice how that makes your hands and body feel.

That is how it feels when you are frustrated or angry.

We want to reverse this feeling and get to a state of calm.

With fists still made, breathe in to a count of five.

As you breathe out, open your fists and let your index fingers extend and be calm.

Breathe in to a count of five. Breathe out and let your middle fingers extend and be calm.

Breathe in to a count of five. Breathe out and let your ring fingers extend and be calm.

Breathe in to a count of five. Breathe out and let your little fingers extend and be calm.

Breathe in to a count of five. As you breathe out, open your fists and let your thumbs extend and be calm.

Now all fingers and both hands are open.

Stretch your hands, extend all fingers, and wiggle them a few times. Then leave your hands open and calm.

Take in one more breath to a count of five. While you are breathing in, bring both hands together, fingertips touching. Breathe out slowly, keeping your fingertips touching.

Now cross your hands over your heart. Breathe in slowly. Hold it, and then exhale.

Feel the slow, steady beat of your heart.

Lower your hands to your lap, palms up.

You are now calm and ready to go back to your lessons or schedule.

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**After you've tried this in your classroom, ask yourself the following questions.**

- When did I practice deep breathing?
- What was the feeling in the classroom before? What was the feeling afterward?
- What was my impression of the exercise?

## Helpful Hints

- Do this every day in your classroom. Establish a routine.
- Once a routine is established, let students lead the exercise.



On the next two pages is a card to help you remember the steps of the Five-Finger Deep-Breathing Technique.

Print them off (front and back). Keep one and share the other three with friends!

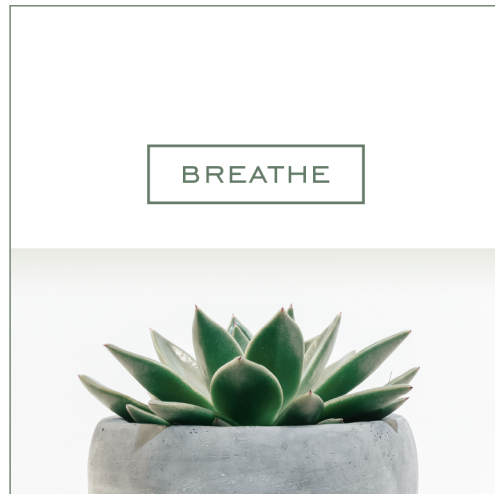
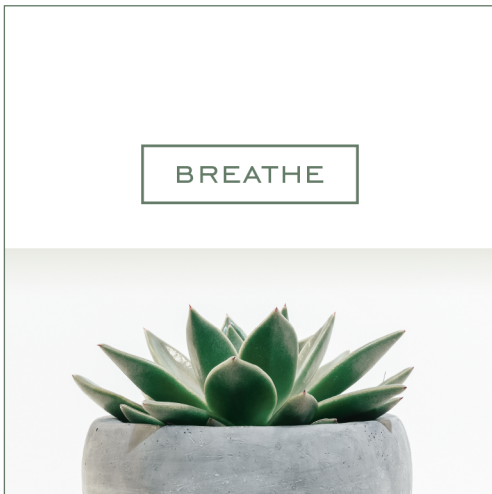
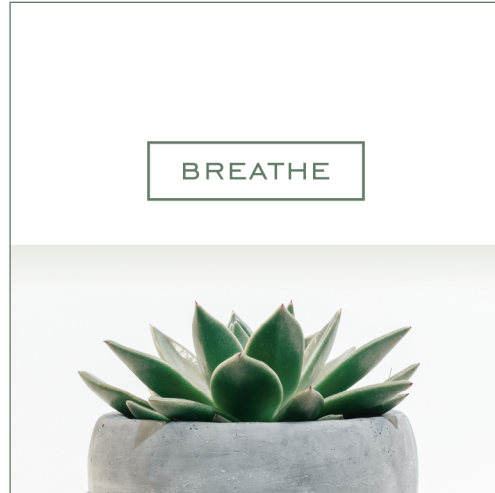
— Carol 

Send me a message!

Questions, comments, or just want to connect?

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# FRONT





**THE BACK IS ON THE NEXT PAGE**



# BACK

Five-Finger Deep Breathing Technique	
Deep breath in through nose, first finger goes up on both hands. Breathe out.	Repeat the steps raising fingers two, three, four, five with each deep breath.
Deep breath in, bring all fingertips to gently touch together, breathe out.	
Deep breath in, arms cross over your heart, breathe out.	Final breath in, palms open and relaxed, breathe out.
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