



← Calm-Breathing Techniques

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Details

Give students the opportunity to learn and practice calm-breathing techniques.

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Move match: ?



Effort Level: Low



Tags:

Domain: Social-Emotional Learning

Focus Area: Self-Management, Emotion Regulation

Curriculum Partner: Open Circle

Tier: Tier 1

Developmental Stages: Lower Elementary, Upper Elementary

Evaluation Levels: Evidence-Based

Goal

Help students understand what it feels like to be calm and to learn and practice several calm-breathing techniques.

Action

Invite students to think about what makes them feel calm and relaxed (e.g. listening to music, reading a book, lying down). Share with students the following breathing techniques that they can use when they want to feel calm.

- **Balloon Breathing:** Sit in a relaxed, comfortable position. Breathe in slowly through your nose, filling your belly with air like a balloon. Breathe out slowly. Have students practice this technique a few times.
- **Flower Breathing:** Breathe in through your nose, imagining the fragrance of a sweet-smelling flower. Breathe out with an “ahhh” sound. Have students practice this technique a few times.
- **Blowing Bubbles:** Imagine that you have a jar of bubbles in front of you. Take off the lid. Dip the wand into the bubbles. Take a deep breath and fill your belly with air. Now take the wand out of the jar, breathe out very slowly in order to blow a large bubble, without popping it. Repeat these steps to blow more bubbles.

Ask students which technique they like best and suggest that they practice that method. Tell students that knowing and practicing calm-breathing techniques can help them be strong learners, helpful friends and successful problem-solvers.

Why this works

Open Circle is an [evidence-based program](#) with demonstrated effectiveness among elementary-aged students.

Curriculum Partner

Open Circle

Open Circle is an evidence-based social and emotional learning program for grades K-5. While in June 2021, Open Circle discontinued its professional development training and paused updates on its curriculum, Panorama Education is proud to have partnered with Wellesley Centers for Women to allow for Playbook to serve as a home for some of Open Circle's most popular lessons.



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