



## ← Deep Breathing Strategies for Self-Regulation

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### Details

Help students develop breathing strategies for regulating their emotions and energy with this calm breathing activity.

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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

Students will learn about various techniques to help calm their bodies and minds.

### Action

Come up with creative ways to get students engaged in using breathing strategies to calm down.

- Flower Breathing: Hold a pretend flower in your hand in front of your nose. Pretend to smell the flower by slowly breathing in through your nose and out through your mouth, letting out a little sigh. Repeat 3-5 times. Ask students to imagine what kind of flower they are going to smell and then practice!
- Cookie Breathing: Place your two hands palms up in front of your face, pretending to hold a plate of cookies. Pretend to smell the cookies by slowly breathing in through your nose and out through your mouth, letting out a little "mmm". Repeat 3-5 times. Ask students to imagine what kind of cookie they are smelling and then practice!
- Deep Belly Breaths: Place your hands on your belly. Breathe in slowly through your nose and feel your stomach fill up with air. Breathe out slowly through your mouth and feel the air release from your stomach. Repeat 3-5 times.

To introduce a calm breathing strategy, you might consider:

- Introducing, modeling and giving students time to practice each calm down strategy individually, perhaps even in different classroom meetings.
- Holding a classroom meeting where you discuss that we all feel lots of different emotions - happy, mad, sad, excited, scared. Share a story about a time when you were excited or scared and needed to calm down so that you could do your job, learn, and/or be a good friend. Tell students that there are special strategies that help people calm down.
- Displaying visual anchors for different breathing calm-down strategies.
- Modeling how you, as an adult, use breathing strategies for calming down.

You might also consider

- Designating a spot in your classroom as a calm-down spot for students.
- Regularly modeling using breathing strategies.
- Incorporating breathing strategies into your classroom routine - for example, every day during Morning Meeting, during transitions, or after high-energy times of the day like lunch/recess.

## Why this works

[Research](#) suggests that breathing, mindfulness and visualization are tools that help people of any age increase self-regulation and decrease anxiety.

## 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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