


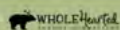


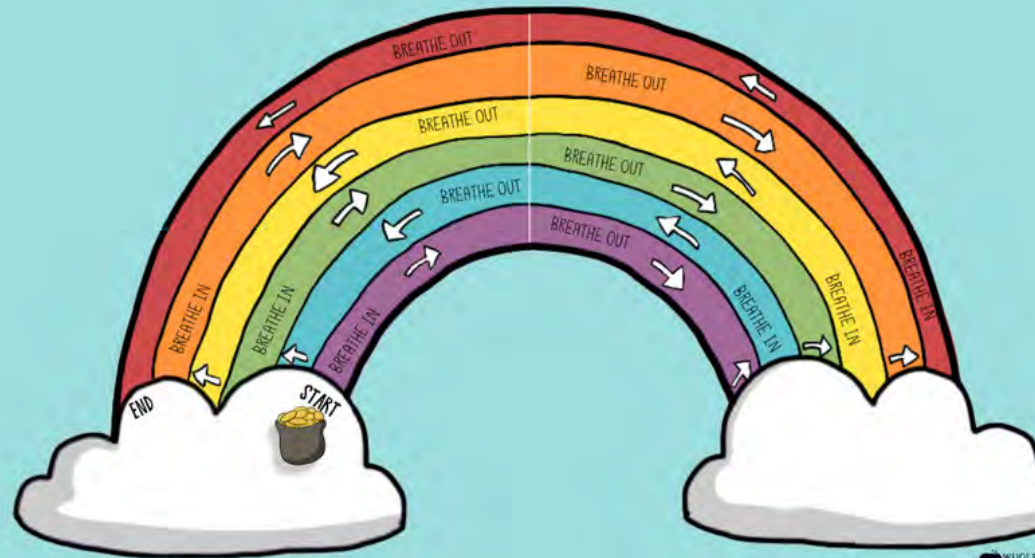
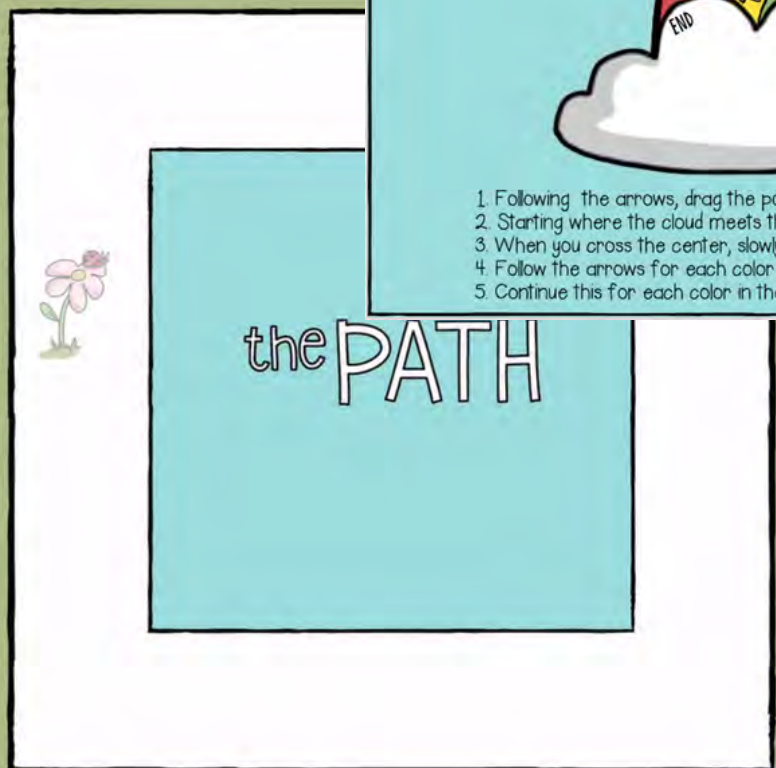
12 Interactive, Digital Boards

For each  flower, **BREATHE IN** for one count. Imagine you are breathing in fresh flower air.

For every mountain , **HOLD** your breath for one count. Feel how you are still and calm like the mountains.

For each  tree, **BREATHE OUT** for one count. Remember you are grounded and strong like a tree.

 WHOLEhearted



1. Following the arrows, drag the pot of gold with your finger, mouse or touchpad.
2. Starting where the cloud meets the purple arc, take a deep breath in as you climb to the top.
3. When you cross the center, slowly breathe out as you slide the pot of gold down toward the other cloud.
4. Follow the arrows for each color as you drag the pot of gold, breathing in as you climb your finger up and breathing out as you slide down.
5. Continue this for each color in the rainbow until you reach the end.

the PATH

LION

Pretend that you are a fierce and powerful lion.

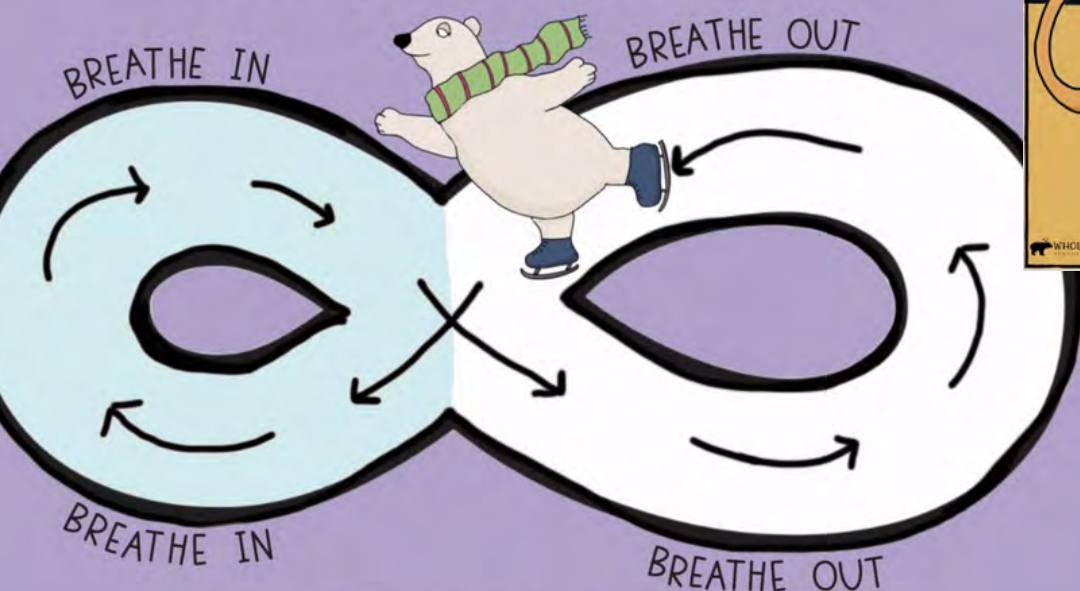
Take a deep breath in through your nose.

When you exhale, click on the lion and breathe out through your wide, open mouth. You exhale, stick your tongue out, and make the sound "haaaaaah!"

Repeat 5 times.



Ice Skating Rink

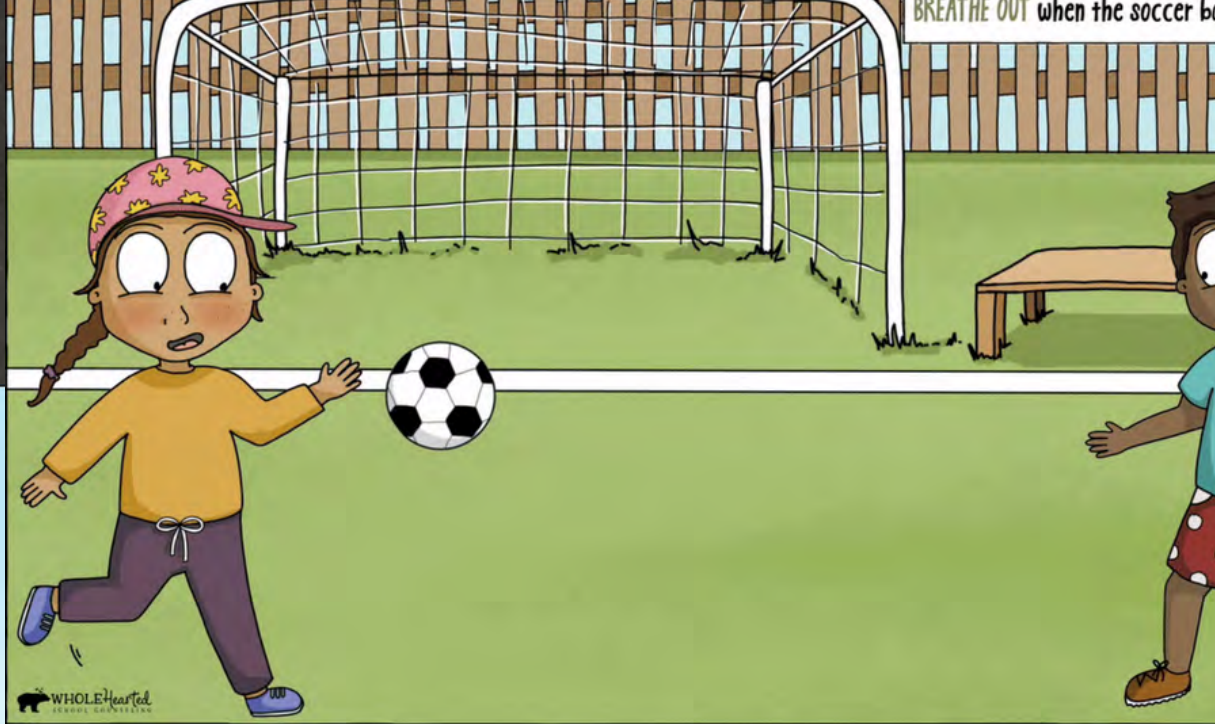


BREATHE IN when Polar Bear is skating on the light blue loop.

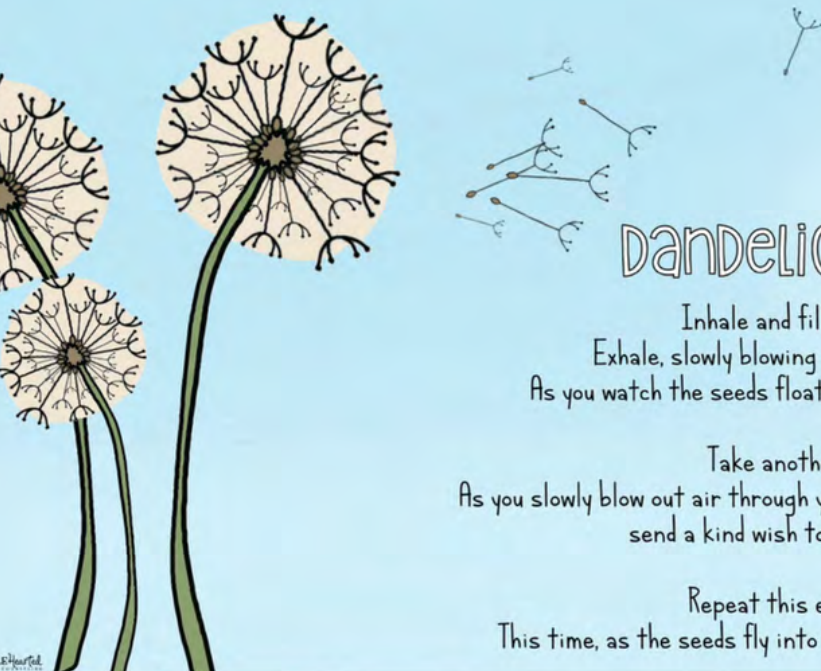
BREATHE OUT when she is skating on the white loop.

If you'd like to ice skate with her, "hold" onto her paw with your finger.

Guided Breathing Visual Supports



BREATHE OUT when the soccer ball



Dandelion Wishes

Inhale and fill your belly with air.
Exhale, slowly blowing out air through your mouth.
As you watch the seeds float away, send a kind wish to yourself.

Take another deep breath in.
As you slowly blow out air through your mouth and see the seeds soar away,
send a kind wish to someone you care about.

Repeat this exercise once more.
This time, as the seeds fly into the sky, send a kind wish to the world.

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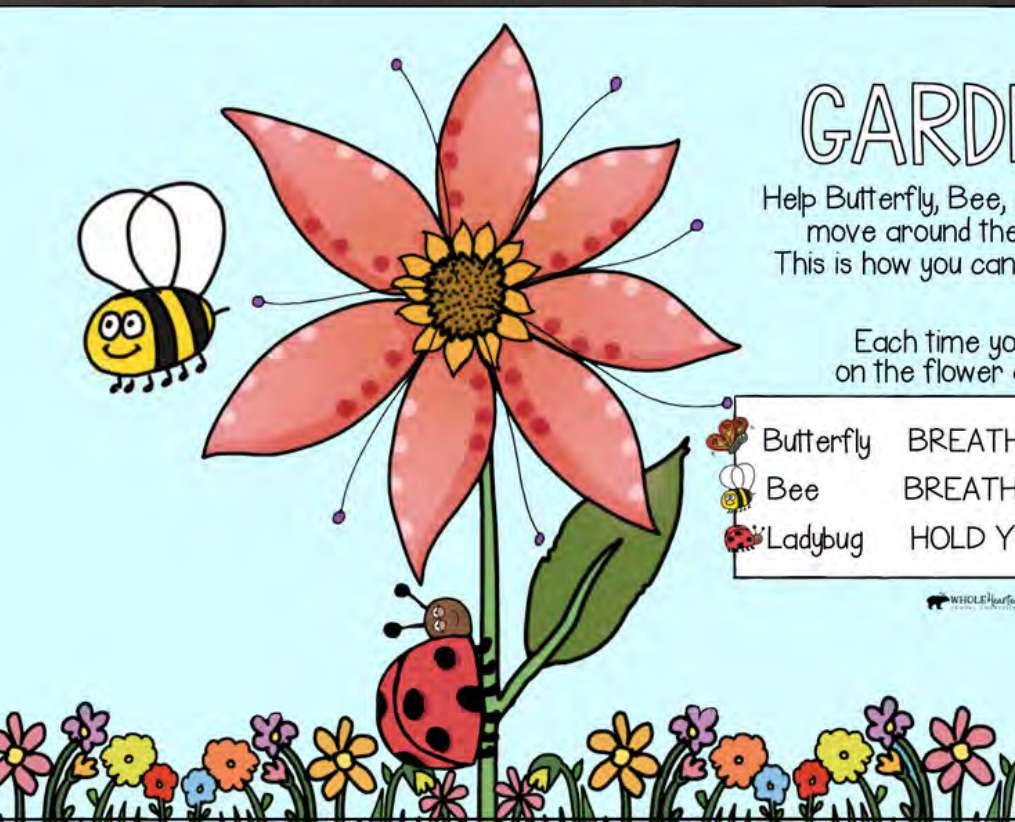
BREATHE IN

as you SLOWLY pick up an animal card



BREATHE OUT




as you SLOWLY drag the animal card down



GARDEN

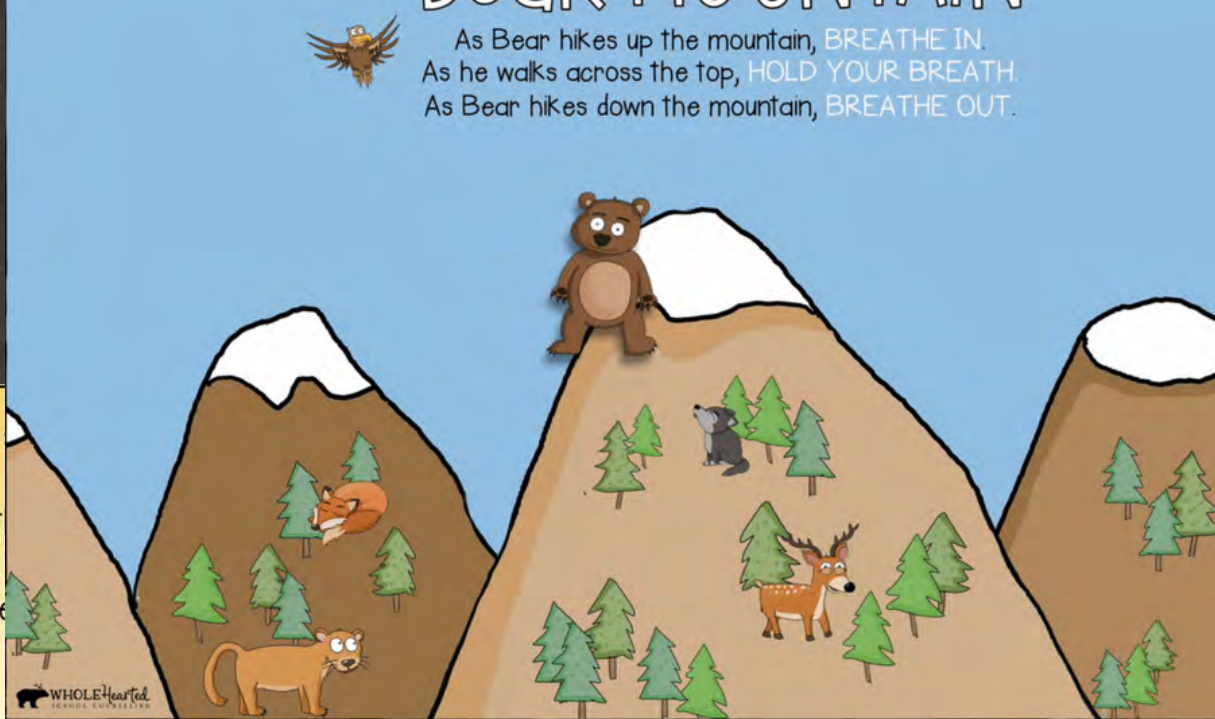
Help Butterfly, Bee, and Ladybug
move around the garden.
This is how you can

Each time you
on the flower

-  Butterfly BREATHE IN
-  Bee BREATHE OUT
-  Ladybug HOLD YOUR BREATH

SEL DISTANCE LEARNING

SNAKE Pretend that you are breathing like a Snake. Breathe in through your nose. Then click on the snake, as you breathe and make the sound "hssssss" for as long as you can. Repeat the snake breath 4 more times.



As Bear hikes up the mountain, **BREATHE IN**.
As he walks across the top, **HOLD YOUR BREATH**.
As Bear hikes down the mountain, **BREATHE OUT**.

'S MOVE!

Choose a number between 1 and 6. Play and follow the hidden instructions. Monitor your breathing and heart rate change as you move.



SQUATS

1. Stand tall, with legs shoulder-width apart, arms down at your sides.
2. Keeping your back straight, push back with your hips like you are going to sit in a chair. Feel the strength in your legs.
3. Either bend your arms in front of you or lift your arms up and above your head, reaching up towards the sky.
4. Slowly return to standing position.
5. Try doing 15-20 squats.

DRAG THE "5"
While moving



WORRY BUBBLES

Imagine you are holding a bubble wand. Take a deep breath in, hold your breath, then click on the bubble wand and watch the bubbles. See all the shimmery bubbles float away. If there is something you are worried about, click on the bubble wand and imagine the bubbles carrying your worry away. Repeat this as many times as you need.

7 MINUTE ANIMATED VIDEO LESSON ON WHY AND HOW MINDFUL BREATHING HELPS

some screenshot examples:

MINDFUL BREATHING
Is Your **SUPERPOWER**

But because your brain is so awesome, always looking out for you trying to keep you safe, you still might react to stressful situations with short, shallow, and fast breathing.

I want to protect you and keep you safe!

making it easier for you to learn and to show off your amazing, bright, unique, creative brilliance.

And here's another really awesome thing, too. (Wait, another awesome thing?!) Mindful breathing is not only a **SUPERPOWER**. It is a **SKILL**. And like with any skill, you can get better at it with practice. The more you practice, the more SUPER you will be at it.

Let's begin with a riddle!
Are you ready?

This kind of breathing keeps your body feeling tense and makes it harder to deal with and take good care of your emotions. It is also harder to respond to the situation that triggered those feelings in a thoughtful way.

Mindful breathing can even clear up foggy thinking, and improve your memory, attention, focus and concentration,

When you find you mind wandering off from each in-breath and each out-breath, gently, with kindness and compassion, just remind yourself to place your attention back onto your breathing.

When you feel angry, anxious, scared or nervous, your breathing will most likely be **SHORT, SHALLOW and FAST**.

moving you out of a Fight-Flight-Freeze state and into a Relaxed & Responsive state... even in the presence of overwhelming emotions.

PAUSE

And get this, mindful breathing actually nurtures and grows your pre-frontal cortex, which is the part of your brain that helps you to plan ahead, think before you say or do something, and show others that you care about them.

And lastly, the most important key to harnessing your **SUPERPOWER**, is to zoom all your attention to your breathing, and focus on each in-breath and each out-breath.

This can help you to escape or fight off that dangerous situation!

It lowers your blood pressure, slows down your heart rate, and decreases tension, stress and anxiety in your body.

Mindful breathing sends a message to your brain that everything will be okay ...and, that you can get through hard things, helping you to feel more calm and capable.

YOU CAN HANDLE THIS!

I'm ready to practice my Mindful Breathing **SUPERPOWER!** What about you?

POSTER TO REINFORCE LESSON!

Sends a message to your brain that everything will be okay...and, that you can get through hard things



YOU CAN HANDLE THIS!



Helps you to solve problems and find solutions



Decreases tension, stress, and anxiety



Grows the thoughtful pre-frontal cortex part of your brain

Helps you to feel more calm and capable



why **MINDFUL BREATHING** is your **SUPERPOWER**



WHOLEHearted
SCHOOL COUNSELING

Improves your immune response, keeping you stronger and healthier



Clears up foggy thinking and improves memory, attention, focus and concentration



Decreases blood pressure and slows down your heart rate

Improves self-control



Acts like a "Pause" or "Reset" button

