

## DEEP BREATHING

### ***Introduction – Modeling:***

We are going to practice a Calm Classroom technique today called "Deep Breathing." As you breathe in through your nose, you will expand your belly, then your rib cage, and finally your chest as your lungs fill with air. As you breathe out through your nose, you will contract your chest, your rib cage, then your belly, as you feel the air moving out. In order to help guide your breathing, I will repeat the phrase, "Breathe in, one, two, three, hold. Breathe out, three, two, one, hold."

### ***Technique Start:***

We are going to practice "Deep Breathing."

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose.

*[Wait 10 seconds]*

Remember, when you breathe in, you will fill your lungs completely.

Make each breath slow, smooth, and deep.

Now, breathe in as I count, 1....2....3....hold.

Breathe out as I count, 3....2....1....hold.

Breathe in, 1....2....3....hold.

Breathe out, 3....2....1....hold.

Breathe in, 1....2....3....hold.

Breathe out, 3....2....1....hold.

DEEP BREATHING (cont.)

Breathe in, 1....2....3....hold.  
Breathe out, 3....2....1....hold.

Now, breathe normally and relax.

Feel the air moving in and out of your nose.  
*[Wait 20-30 seconds]*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel.  
*[Wait 10 seconds]*

Slowly open your eyes.

