## Big Idea/Topic
Box Breathing

## Standard Alignment
**Health Standard 7**: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

## Instructional Design

### Define Simply
Introduce students to “Box Breathing” by explaining that sometimes we all need to take a break so that we can focus and do our best. This is an optional activity and never required.

### Model/Demonstrate with Examples
Show students how to breathe in through their nose for four seconds, hold for four seconds, breathe out through their nose for four seconds, and hold again for four seconds. Repeat. ([Video Example](#)).

### Practice in All Relevant Settings
This routine may take some practice and teachers can schedule whole class breaks throughout the day, or as needed, to model this strategy. Brainstorm ideas with students on when they may want to use the strategy (Ex: Prior to or during a test, when they are feeling stressed or anxious). You can even add it to your class schedule. If students want more variety, there are other options to incorporate ([Additional Resources: Breathing with Shapes](#)).

### Monitor & Provide Positive Feedback and Reinforcement
Explain to students they can participate in this activity privately and without interrupting others. Notice when students are taking a deep breath and give them specific praise for taking steps to self-regulate.

### Based on Data, Adjust Instruction & Reteach
This is an optional skill or routine to embed in your class. You may want to reteach as needed when students are struggling to regulate their emotions. Students may be more likely to use the skill when box breathing becomes normalized. Some students may need an additional two-minute break routine to calm down when they are feeling very dysregulated ([Calming Corner Video Example](#)).

## Evidence of Student Success
- Student success will be demonstrated by students utilizing Box Breathing when needed to regulate and refocus without disrupting others.

## Distance Learning Supports
- Box Breathing can also be used during online learning either as a class or individually.
<table>
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<tr>
<th>Engaging Families</th>
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<td>- Teachers can share Box Breathing activity with families and ask them to allow their child to teach family members. Family members can talk to students about how they are feeling when they need a break and begin utilizing the strategy.</td>
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