

## WHAT IS IT?

Certain times during the school day can cause anxiety, unease, or stress for students. One quick easy way to avoid this is to incorporate different breathing techniques into your transition times. Model taking a deep breath in through your nose and out through your mouth, slowly. Encourage students to create different breathing styles to share with the class... Yoga Breathing, Baseball Breathing, and Drain Breathing are some of my students favorite ways to breathe out our stress.

## IMPACT?

Breathing has been proven to calm anxiety and to relieve stress while increasing concentration. Less disruptions for individual students will increase on-task behaviors for other students and allow more fluid teaching of content.

# Just Breathe!

## PROMISING PRACTICES

Office of the Maricopa County  
**School Superintendent**  
*Steve Watson*



## TO LEARN MORE ABOUT THIS RESOURCE:

<https://www.learnersedge.com/blog/deep-breathing-for-a-calm-classroom>