

Cooling Breath



Cooling Breath Leader Script

Method 1:

Roll your tongue (curl the right and left sides toward the center to make a roll or taco shape) and stick the tip of the tongue out of pursed lips, making a tube for your breath.

Method 2:

Purse your lips gently and make the shape of the letter O with them. Keep your tongue against the back of your bottom teeth, so that the air can go over your tongue.

Inhale slowly.

Gently exhale through your mouth.

Notice the sound of your breath.

- Repeat three times.
- Guide students in checking in on the effects of this practice. Ask questions such as:

How did it feel?

How did it affect your body?

Is there an animal that you can think of that sticks out its tongue when it is hot?

[Answer: a dog.]

What are some examples of other times when you could use this breath?

If you were experiencing a strong emotion and you responded by breathing in this way, what might happen?

Even-In, Even-Out Breath



Even-In, Even-Out Breath Leader Script

Sitting tall and alert, take a look around the room and notice where you are. If it feels comfortable and safe for you, close your eyes. Or, if you prefer, you can choose to look down at one spot.

Now notice your inhalation. Count with the breath to see how long your inhalation is. Now do the same with an exhalation. Are they the same or different?

With the next few breaths, we'll practice Even-In, Event-Out Breath. As you breathe in, count to three. Then, as you breathe out, count to three.

- Demonstrate using hand signals or a Hoberman sphere, modeling for students how to make the inhalation and exhalation last three counts each rather than breathing in and holding the breath for three counts.

If your mind forgets to count and starts to think about something else, silently say to yourself "Nice catch" and then bring your attention back to your breath and start counting again.

- Have students continue silently for three more breaths.

Growth Mindset



Fixed Mindset

