

5-5-5 Breathing Technique

How does it help students?

- Learn to focus
- Calm down (sympathetic nervous system hyperactivity)
- Reduces stress

What do I need?

A watch to keep track of time if desired
Space to complete the exercise/

How do we do it?

1. Tell students to clear their minds and close their eyes. They are going to be completing a breathing activity where they will take 4 breaths per minute/
2. Demonstrate for them: We will begin by breathing in for 5 seconds
3. We will then hold the breath in our lungs for 5 seconds.
4. Exhale, through the mouth, slowly for 5 seconds.
5. Continue this strategy for 3-5 minutes/
6. Ask students to focus their energy on slowly breathing in, holding, and feeling their bodies release the air.