

Breathing Visualization

How does it help students?

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

What do I need?

Nothing needed other than space and a few minutes

How do we do it?

- Explain to the students that they are going to close their eyes and imagine that they are holding their favorite bowl of hot soup in front of them. (Have some fun with this, get ideas from students.)
- Students will take a deep breath in through their nose, Smelling the Soup
- Students will blow the breath out through their mouths, Cooling the Soup
- This can be repeated numerous times, typically 1-2 minutes of visualization and breathing that can calm nerves and promote cohesion between mind and body