

# Deep Breathing

<https://www.pbisworld.com/tier-1/deep-breathing/>

## Why should I do it:

- Students can get overwhelmed easily
- Many students want to be successful but haven't yet developed all the skills which can lead to anxiety/frustration
- Provides an easy and quick break in place
- Easy to do anywhere at any time
- Quiet and non-disruptive
- Easy to perform and learn at any age
- Can be done for short or long periods
- Can be done individually or as a group
- Produces relaxed state of being
- Is calming
- Increases oxygen to the brain, muscles, and body, which improves thinking, reaction time, and decision making

## When should I do it:

- When you see a student becoming frustrated (banging things, groaning, crying, refusing to do work)
- When a student is involved in a mild confrontation with another student
- When student has a lot of work to do
- When a student appears anxious or upset
- When a student's emotions or mood are escalated
- When students need to focus and attend
- After students have been working for a long time
- When students are fighting or arguing
- Before stressful events or periods, like tests, final exams, speeches, etc

## How do I do it:

- Teach the technique to the entire class and practice it
- List the strategy on a poster with several other relaxation techniques, and post this in the class where all can see
- Teach students what feelings to be aware of and what they feel like, which can be addressed through deep breathing
- Assure student that everyone gets stressed/frustrated/worried/ overwhelmed and using relaxation strategies is normal
- Teach the student to know what they do (indicators or antecedents) when they are stressed/frustrated/worried/overwhelmed (some common answers are: clench fists, breathe heavily, cry, sweat)
- Teach students that when they demonstrate the above behaviors, to stop, ask to sit outside the room or put head down at desk, and take five or more deep breathes
- Practice the first time with student or class
- Students may count while they exhale
- Try teaching students to cover their ears with their hands and imagine that each inhale is a wave rolling up the shore of a tropical beach, and each exhale is the wave rolling back out