

## Every brain needs a break.

Practiced three times per day, the focused breathing practice gives children a tool to help them to manage their emotions, calm down, and manage stress by regulating their physiology, and activating the attentional regions of the brain.

### 7 steps to leading a brain break:

1. Ask students to sit in a comfortable position.
2. Invite them to be present in the moment.
3. Invite them to close their eyes or drop their gaze downward.
4. Ring the chime and ask students to listen to the sound for as long as they can.
5. Ask students to bring their attention to their breath.
6. Let students know that if their mind wanders, they can notice it and then just bring their attention back to their breath.
7. Ring the chime again and let students know that whenever they are ready they can slowly, gently open their eyes and bring their focus to the front of the room.

