

the stop & breathe

WITH JAMES

BUILDING A CULTURE OF CALM



Use mindful breaths daily at regular, consistent times: 1st thing in the morning, after lunch, before bed, and/or before homework.

If you notice your child is getting angry or frustrated, gently pull them aside and have the student identify how they're feeling and think about what they need (Check In). Then ask them which breath they could use to stop themselves from leaking their balloon.

Practice the breath together. After breathing, have the student check in again, noting how they feel now.

If a child acts out and you're not able to catch it ahead of time, have them identify feelings that lead to their hurtful action and which breath they could've used to diffuse the situation. Have them write how they will do it differently next time. See if they need someone to remind them.

MAKE A STOP & BREATHE BOOK

This project is a fun opportunity for families to exercise their creativity as they create their own unique way to stop and breathe.

It's simple, just sit down and take turns creating your own ways to breathe. The only guidelines are that the breath should be slow and should be safe for our bodies and others.

After the breath is created draw a picture and/or write instructions that illustrate how to do the breath.

Finally, share your special breath with the folks in your family.

