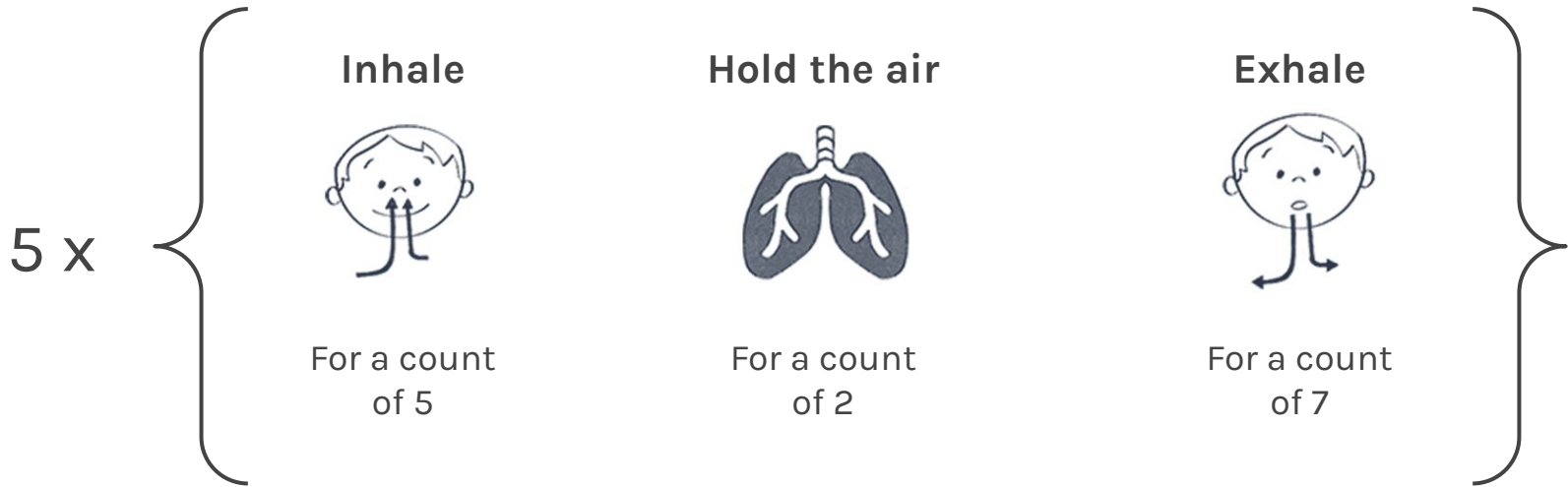


# Take 5 Deep Breaths

A routine that encourages relaxation and focus - allowing student to make the most of individual thinking time.





### **Inhale**

Student inhale through their nose for a count of 5.



### **Hold the air**

Student hold their air for a count of 3. Prompt students to imagine the air making its way through their body.



### **Exhale**

Student exhale through their mouth for a count of 7. Prompt students to imagine the air leaving their body and making room for learning.

The cycle of inhaling, holding, and exhaling should be repeated 5 times. With each repetition, prompt student to imagine the air traveling further through their body.

**Inhale**



**Hold the air**



**Exhale**

