

I am Calm Breathing

Practice Description: This breathing practice can be used to calm strong emotions. By making our exhale twice as long as our inhale, our body signals its nervous system to go into a more relaxed state. This state gives us access to our executive functions where we have the ability for our most flexible thinking and can make more intentional choices regarding our behaviors.

Age Group: 6-12 Grades

Voiceover Script

Welcome to the I am Calm breathing exercise.

The “I am Calm” breath has an extra-long exhale to help calm our bodies and minds to allow access to our best thinking. It can be useful when we feel strong emotions like being angry, scared, sad or frustrated.

- *Pause for 2 seconds*

Let’s start by getting into a mindful position with both feet on the floor, and a long, strong back so that your body supports your intention to be awake and aware. Allow your hands to rest in your lap.

- *Pause for 2 seconds*

Try softening your eyes and turn your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 2 seconds*

If you’d like, place a hand over your heart or on your belly as a reminder that you are bringing a kind and gentle awareness to your breath and to yourself.

- *Pause for 3 seconds*

As you breathe, try noticing the feeling of your breath flowing in and flowing out.

- *Pause for 5 seconds*

Now, as you breathe in slowly, think “I am” for the whole inhale. As you slowly breathe out, think, “Calm, 2, 3, 4.” allowing the words to last for the whole exhale. Your exhale should be about twice as long as the inhale.

- *Pause for 5 seconds*

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Continue breathing on your own thinking “I am” on the inhale and “Calm 2, 3, 4” on the exhale.

Continue breathing this way until you hear the chime.

- *Pause for 10 seconds*

As you think these words, notice changes in your emotions...

- *Pause for 3 seconds*

Your thoughts...

- *Pause for 3 seconds*

And how your body feels...

- *Pause for 10 seconds*
- *Chime sound*

When you are ready, you may open your eyes and bring your attention back to the room around you.