



# Lesson One

## Cross-Curricular Activities and Resources:

1. **Language Arts: Calm Writing** - After practicing box breathing, invite students to write a short journal entry or draw about a time they felt stressed and what helped them feel better. Encourage them to include a sentence of positive self-talk like, “I can handle this,” or “I know how to calm down.”
2. **Math: Emotion Graphing** - Create a simple bar graph as a class showing where students feel stress in their bodies (head, stomach, hands, etc.). Use tally marks and group discussion to analyze the results.
3. **Social Studies: Mapping Calm Spaces** - Have students draw a simple map of their home, school, or neighborhood and mark “calm spots” where they can take a breath or pause—like under a tree, a quiet room, or near a window.
4. **Art: Labyrinth of Feelings** - Give students a blank labyrinth template. As they trace the path to the center, they can color or draw different emotions they feel on the way in—and calming strategies they use on the way out.
5. **Science: Body Clues Exploration** - Introduce how the brain and body work together by discussing how stress affects our heartbeat or muscles. Use a toy stethoscope or just hands over the heart to notice heart rate before and after deep breathing.