



## Lesson Ten

### Cross-Curricular Activities and Resources:

- 1. Language Arts: Feel-Good Journal-** Provide each student with a journal and encourage them to write about things that make them feel better when they are upset. They can also write about their experiences using hugging breath and how it made them feel.
- 2. Science: The “Balloon Body” Model-** Explore the physical science of air pressure and the body by using an actual balloon to represent how strong emotions build up inside. Inflate the balloon slowly and ask: “What might happen if we keep going?” (POP!). Then demonstrate how slowly letting out air (like deep breathing) helps it stay intact. Compare this to what happens in our nervous system when we use calming tools—our heart slows, muscles relax, and focus returns. Let students feel their heartbeat before and after Hugging Breath, and record changes.
- 3. Social Studies Activity: Comfort Around the World-** Explore how people comfort themselves and others in different cultures. Show examples of self-soothing practices or rituals from around the world: Indigenous calming songs, Japanese tea ceremony as a quiet, mindful pause, Scandinavian “hygge” comfort routines. Students then draw or write about something from their family or culture that brings comfort during big emotions—like snuggling with a blanket, a special prayer, or eating a favorite food.
- 4. Language Arts: Resilience Story Starters-** Provide students with resilience-themed writing prompts, such as: “One time I felt like a balloon about to pop was...”, “I used deep breathing when...”, “Hugging myself helped me when...” They write or draw their responses in a “Resilience Journal” or mini-book. Focus on emotion vocabulary, sequencing (“first I felt... then I...”), and expressing solutions to emotional challenges.
- 5. Music: “Squeeze & Sway” Song Practice-** Teach a calming song or chant to pair with Hugging Breath. Use a soothing melody and simple lyrics like: “Breathe in calm, breathe out tight. Give yourself a hug just right. Squeeze your arms, then let it go— Now you’re ready, strong, and slow.” Let students sway while hugging themselves to the beat. Add simple percussion (e.g., heartbeat rhythm on drums or rhythm sticks). Discuss how music, rhythm, and hugging together can make the body and mind feel safe.