



Lesson Two

Cross-Curricular Activities and Resources:

1. **Math: Emotion Graphing** - Before doing Rainbow Breathing, ask students how they feel. Provide 4–5 prompts like: calm, happy, worried, tired, excited. Create a simple bar graph together with those categories. Practice Rainbow Breathing as a class. Ask the same question afterward and create a second graph. Compare the two graphs. Discuss how their moods changed.
2. **Science: Make a Rainbow** - Use a spray bottle outside in the sun or a flashlight and prism in the classroom to create a rainbow. Explain how sunlight shines through water and bends (refracts) to show colors. Ask students to describe what they see. Invite students to share how looking at a rainbow makes them feel. Connect it back to how Tia used a rainbow to feel calm.
3. **Social Studies: Calm Space Mapping** - Give each student a blank paper to draw a map of their classroom, home, or school. Ask them to mark or color the places where they feel calm or safe. Have them draw a small rainbow where they could use Rainbow Breathing during their day. Invite volunteers to share one spot and why they chose it.
4. **Physical Education: Rainbow Movement** - Clear space in the room or use the gym. Lead students through slow arm movements, stretching from side to side and up like they're painting a rainbow. Link each movement with breathing: "Breathe in—arms up... pause... Breathe out—arms down." Add a new motion for each color if you like (e.g., hop for yellow, twist for orange).
5. **Music: Rainbow Rhythm Breathing** - Use your hand to clap, drums, or small percussion instruments. Start with a slow rhythm: 4 beats in, 4 beats out (use hand motions if you don't have instruments). Practice breathing along with the rhythm: "Inhale for 4 beats... exhale for 4 beats." Try faster or slower rhythms and ask the students to share how their bodies feel with each one.