Summary of Lesson Two

In this lesson, students learn to recognize how their bodies feel when they are stressed and practice a calming strategy called Rainbow Breath. Through drawing and movement, they explore how slow, mindful breathing can help them feel more calm, focused, and in control. In the story, students see how Tia learns to slow down, notice her feelings, and use her breath to feel calm. Students reflect on when they might use this strategy during their day and begin to build healthy habits for managing emotions in real-life.

At Home Practice: 🌈✨ Take a moment to paint a rainbow with your breath!

1. Imagine a beautiful rainbow stretching across the sky. You can close your eyes if you feel comfortable.
2. As you take a deep breath in through your nose, slowly raise your arms out to the sides and up towards the sky, just like you're painting a rainbow with both of your hands.
3. At the top of your breath, pause for a moment with your arms stretched up high. Now, exhale slowly through your mouth as you lower your arms back down to your sides.
4. Take another deep breath in, and as you do, lift your arms back up to the rainbow, imagining the next color. Hold it for a moment, and then exhale, lowering your arms.
5. Keep repeating this pattern, lifting your arms on the inhale and lowering them on the exhale, while visualizing the colors of the rainbow. You can go through all the colors of the rainbow, or choose a few colors that you like best.

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