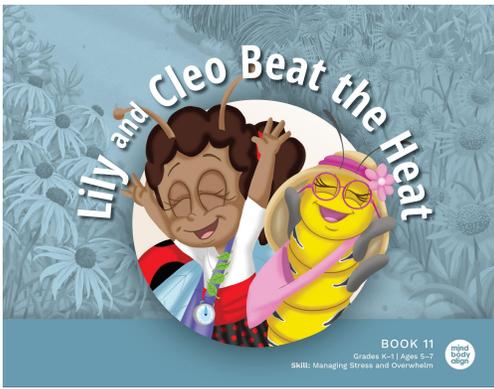


# Lesson Eleven



## Cross-Curricular Activities and Resources:

- 1. Math: Square Breathing** - Introduce students to a mindful breathing technique called square or box breathing. Have students inhale while they count to four, hold their breath while they count to four, exhale while they count to four, and hold their breath again while they count to four. Repeat the exercise several times. At each step of the exercise, write “4” on the board. Show students how to add the numbers together. If students have not yet learned addition, have them count out four small objects (such as paper clips) four times, then ask them to count all the objects together and tell you the total (16).
- 2. Language Arts: Stretchy Letters** - Have each student attempt to spell out his or her first name by stretching their arms and legs into the shapes of the letters. For letters that are challenging for just one person to shape (such as “M” or “W”), students may ask a classmate to help them. If time permits, you can make a game of it, with students spelling out a (non-name) word and the class guessing what it is.
- 3. Physical Education: Stretching Circle** - Play a game that requires students to stretch. Have students stand in a circle, far enough apart that they have to stretch to pass an object, such as a stuffed animal or other toy, to each other. Time them to see how quickly they can pass the object around the circle. Then repeat the game and see if they can improve their time.
- 4. Science: Calm like a Bubble** - Teach students how deep breathing helps the body manage stress. Begin by asking, *“Have you ever felt upset or nervous? What happens to your body?”* Explain that when we feel stressed, our hearts beat faster, and our muscles feel tight. But just like blowing a bubble slowly helps it stay round and strong, slow breathing helps our bodies feel calm. Next, give each child a small bottle of bubbles. Have them take a deep breath in through their nose, then slowly blow out to create a bubble. Explain that this is how our breath can help us feel better when we are worried or upset. After the activity, ask, *“When could you use bubble breathing to help yourself feel calm?”* Close the lesson by encouraging students to practice slow breathing whenever they need to feel calm and strong—just like a bubble floating gently in the air.
- 5. Art: Mindful Collage** - Have students draw (or cut out and paste pictures from old magazines) a collage that shows ways that they can calm themselves down when they are feeling stressed out or overwhelmed. Encourage them to be inventive and to make the collage as bold and colorful (or as calm and tranquil) as they like.