

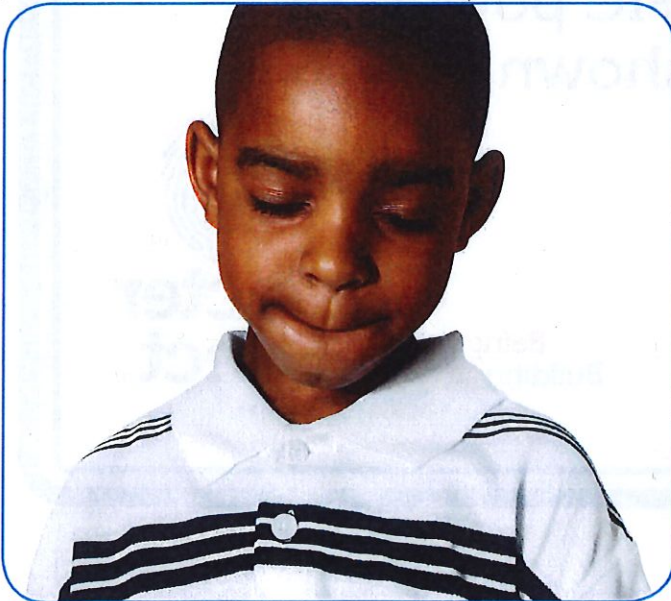
Learning Module 4: Stop, Think, Act

Counting Breaths 10 Minutes

Sometimes having a tactile connection to a learning activity embeds that activity more deeply and meaningfully in the student's mind. Have students make a "Breath Counter" to help them focus on any mindfulness activity you use that involves breathing.

To make the Breath Counter, hand out a pipe cleaner and five beads to each student. Have them twist one end of the pipe cleaner so the beads don't fall off, thread the beads, then twist the other end.

Once they have all of the beads securely in place, ask students to move all the beads to one end of the pipe cleaner. Invite them to breathe in and slowly move one bead to the other end of the pipe cleaner, matching movement and breath. On the exhale, move another bead. Repeat for the remaining beads, and if it's going well, they can move the beads back, one by one, to the beginning.



Growing At Home

Your students have been practicing using their strengths and mindfulness to enhance their learning and understanding of how to manage their feelings, thoughts, and behaviors in various situations. Encourage all adults in your students' lives to find times to discuss how strengths can be used to manage emotions.

For example:

- Alert parents that you will be using the Self-Control Champ in the classroom, and encourage them to join with you in the project by sending notes in their planner regarding their child's success with managing emotions.

- If you have the materials and time, make two of the Breath Counters so that students can take one home. Then, as a homework assignment, have your students demonstrate to their parents the Counting Breaths strategy. If they can't take a Breath Counter home, suggest that they use pennies or dried beans as breath counters on a table. Suggest that your students use this strategy each night before starting homework as a way of getting calm and focused.

- Since this is the end of the unit on self-management, consider sending a note home to parents that summarizes the successes you've witnessed from their child and the class as a whole when it comes to handling transitions. Be sure to comment on how the students are using their prudence, bravery and perseverance strengths as steps toward better self-management