

5 Days of B.R.A.V.E. Ages 3-Adult

Take a Breath for Schools and Communities provides this unique teacher/parent/student engagement practice. We recommend you play the appropriate recording for each of the days in your classroom, or perhaps at home for an individual. For teachers, if you choose to engage them with some group dialog around the inquiry questions, that is up to you and your classroom management. For parents, we highly recommend you spend the time to hear your child answer these questions. In either case, please allow some brief transition time for the students/individuals to 'come back' to the room after the recording is complete, as it may take them a minute.

Questions for Ages 3-7

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| Day 1 -Breathe | Did you feel the full breath in the recording? When are the times in your day when you notice your breath is NOT deep? (tight, shallow, too fast, etc.) |
| Day 2 -Relax | How does it feel to relax like this? When, in your day, do you notice feeling not relaxed? |
| Day 3 -Allow | Did you notice you could go back and forth between opposites (hot/cold, heavy/light) and stay relaxed? |
| Day 4 -Visualize | Are you able to 'see' the different images? |
| Day 5 – Empower | Can you imagine yourself using the breath and relaxation, feeling strong, safe and happy in any situation, 'good or bad'? ...Being B.R.A.V.E. |

Questions for Ages 8-18

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| Day 1 -Breathe | Did you feel the full breath in the recording? When could you use this same breath? When are the times during your day when you notice your breath is NOT deep? (tight, shallow, too fast, etc.) |
| Day 2 -Relax | How does it feel to relax like this? What other times do you feel relaxed like this? (at bed time, after playing/playing sports, with pet, etc.) What does the opposite of this feel like, when you are NOT relaxed? When do you notice feeling not relaxed? |
| Day 3 -Allow | Are you able to go back and forth between opposites and stay relaxed? Do you notice feeling opposites at times in your day (hot/cold, strong/weak, happy/sad)? What are the times you notice times that you resist what is happening (teacher assigning something, friends choosing something, food choices at home) OR, Do you notice any times when you can 'go with the flow'? |



- Day 4 -Visualize Are you able to ‘see’ the different images? Do you notice yourself preferring one image over another?
- Day 5 – Empower Are you able to visualize and wish/dream/set goals for your future? What does the future look like to you? Are you able to see yourself relaxed, happy and breathing at ease, content with things just as they are, not needing to change anything?

We recommend making these inquiries, and the speaking/listening that supports it a regular practice for your students, children, perhaps even for yourself. Recognize the benefit of taking this time, to stop, listen and feel supported. To help us all in stress reduction, relaxation and regulating ourselves as we navigate our busy lives.

If you have questions for Jeff or Sonya, the originators of this program, you may contact them directly at info@takeabreathforschools.org.