**Secondary Guidance Lesson** 

*Breathing Techniques*

**Objective:** To practice a breathing exercise that students can use to self-regulate and to help themselves get to green.

**Video**: <https://youtu.be/BbG9Llr0xnc>

**Activity**

*●* Show video: 2 minutes

* Encourage students to participate in the box breathing cycle four times.
* Share the following article/link with students to read more about HOW box breathing can help our bodies get to green.

[*https://www.livestrong.com/article/74944-box-breathing-technique/*](https://www.livestrong.com/article/74944-box-breathing-technique/)

**Follow-up/Closing:** Talk about stress. What happens in your body when you’re stressed? Have students focus and identify the physical and emotional signs of stress (e.g. short breaths, increased body temperature, muscle tension, worry, etc.) How did you feel while practicing box breathing?

It has been suggested to use box breathing several times throughout your day. And luckily, you can do box breathing without disrupting anyone or anything. When in your day would trying box breathing be most helpful? What are other healthy ways you can use to help yourself get to green when you are overwhelmed or stressed?