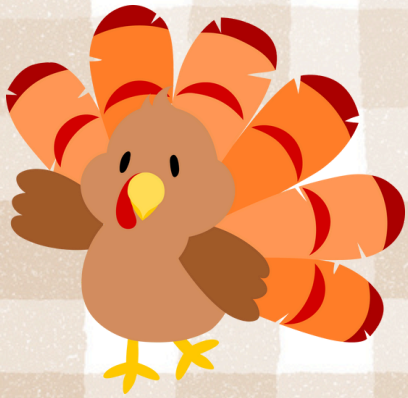
COUNSELOR CORNER

NOVEMBER 2025



Social and Emotional

Mindful Breathing

Our breath is often connected to how we feel. We can use it to help control our feelings. When we mindfully breathe, we pay attention to the air going in and out of our bodies.

Sometimes our breath is fast, like when we are stressed or upset; and sometimes it is slow, like when we are relaxed. We can use our breath like a superpower! It can help us focus better at school or on a big task, or even take us from a place of feeling crazy to one where we feel calm.



Really Great Books

Alphabreaths
by Daniel Rechtschaffen

Breathe Like a Bear
by Kira Willey

My Magic Breath: Finding Calm Through Mindful Breathing
by Nick Ortner & Alison Taylor

Fun Brain Fact!

Your Vagus Nerve is like a superhighway that connects your brain and your stomach. When you breathe slowly, the Vagus Nerve tells your brain to stop stressing, which helps slow down your heart and relax your muscles. It's your body's built-in "Chill Switch!"

Types of Breathing

Polar Bear Breath: Open your arms out wide and take a deep breath, pause, then blow all the air out as you wrap yourself in a hug. Repeat until calm.
Bumble Bee Breath: Take a deep breath in, pause, and hum while you breathe out. Then, put your hands over your ears and repeat. Notice the change!