



Conscious Breathing in the Classroom (Grades K-12)

Bodhi Breathwork & Yoga teaches scientifically proven breathing techniques to promote well-being, stress-relief, and self-awareness.

“Conscious Breathing in the Classroom” was created by the International Breathwork Foundation (IBF) - The Breathing Classroom, who’s work has been honored with consultative status in the United Nations - ECOSOC.

- It is a simple program for teaching conscious breathing to school children and teens by their teachers, parents and other mentors.
- It cultivates a daily breathing practice for well being in today’s challenging and stressful environment.
- It brings daily inner calm and focused energy to the classroom.

Who is this for?

This program is written for school teachers, coaches and instructors who work with kids from kindergarten through high school (K through 12). If you are a parent or an adult who is a key support in any child's life you can adapt the breathing exercises for situations in your day to day life.... be it at home, on the playing field or at school.

Why conscious breathing?

One of the most overlooked aspects of daily life is how we breathe and yet, bringing awareness to our breathing can profoundly change our lives and the lives of children for the better. It's easy. It's quick and simple to add a couple minutes of breathing practice a day. It's accessible - in every moment. . Best of all: it's free. Our breath belongs to each of us.

“When we breathe consciously we bring awareness, intention and attention to our inner experience.”

When a conscious breathing practice is integrated into the classroom, teachers, students, and researchers report many benefits:

- Clears and focuses the mind
- Improves self-regulation and self-containment
- Reduces need for ADHD medication
- Raises self-esteem
- Helps foster class cohesion
- Reduces bullying
- Reduces stress, worry and anxiety
- Raises reading and performance scores
- Reduces psycho-social burn-out related symptoms
- Strengthens the immune system
- Normalizes heart rate and rhythm
- Reduces blood pressure
- Reduces pain
- Raises endorphin levels

Today's school teachers are often juggling with cutbacks on school resources, the demands of the school curriculum, together with a variety of diverse individual and group needs. As a solid support in their student's lives, they help their students address some of these pressures.

It is now common for School Districts around the world to have a Social Emotional Learning (SEL) component offered to teachers on their Professional Development Days as a way for teachers to help their students navigate these daily stressors. The "Conscious Breathing in the Classroom" program and other Yoga and Mindfulness programs are precious tools for the teachers and kids to have a productive, peaceful, fun and stress-free school life.

Today's children are learning and growing in a world which is far different than the one their parents grew up in. While students have a vast range of new opportunities, they also bear the weight of modern worries, distractions, stressors and fears.

Students often have a hectic city life in which the school environment is far away from nature. Home life may be lived in two households, in poverty, with working parents, single parents, helicopter parents... without multi-generational support.

Like many of us, today's students are surrounded by the distractions from digital technology overload (social media, video games, messaging etc...). There are hidden stress factors which arise from digital technology overload which makes for serious destruction on our Instagram-age school children. Students have less patience to listen and pay attention in class instead of watching videos on the internet. Cyber bullying can have long-lasting and drastic outcomes.

Children are sensitive. Whether they have developed the skills to communicate, they can feel the pressure of global issues around them. Children worry about environmental problems like global warming or pollution, terrorism, school shootings, violence on the street in inner city communities or if they are in war-torn territories or on the run as refugees, . Students stress levels are higher and higher everyday. These factors affect the students emotional dis-regulation and attention deficit directly.

The beautiful thing is that children are resilient. When given healthy practices to cultivate they can learn to be rooted in well being amidst chaos. Conscious Breathing and can help give them that.

Conscious Breathing in the Classroom for Grades K-2

Young students learn best through games and stories. Impulse control, attention and empathy can be incredibly empowering as inner skills. We can teach these skills by playing conscious breathing or conscious breathing games.

Conscious Breathing in the Classroom for Grades 3-5

Students at this age are developing a greater capacity to maintain attention. Many can practice Core Conscious Breathing Practice for 5 to 10 minutes after a few months working up to it. Students can appreciate having discussions at this point about conscious breathing.

Conscious Breathing in the Classroom for Grades 6-8

For this age group, conscious breathing practices are ideally used to defuse stressors, support inner guidance and develop impulse control. Adolescents exist in a turbulent world of inner and outer transformation. Their bodies, minds and social positions are changing dramatically. They begin observing the world and themselves closely, wondering who they are and how they fit in. This can provoke insecurity and anxiety as well as empowerment and insight.

Conscious Breathing in the Classroom for Grades 9-12

Teenagers seek to recognize their own individuality, having grown out of childhood and they are constructing their own path. Underneath all the coolness and insecurity there is a deep question ' Who am I ? ' Teenagers want to fit in but they also want to be authentic. Conscious breathing offers teenagers a way to connect to a deeper authenticity and inner compass. By now they have the ability to really explore conscious breathing practices using the time to relax and develop self-awareness. They are developing self-discipline and self-reliance and can practice 10 minutes or longer each day.

If you feel that your school, teaching institution, district or community would be interested in this program, please get in touch for more information:

info@bodhibreathwork.com or www.bodhibreathwork.com