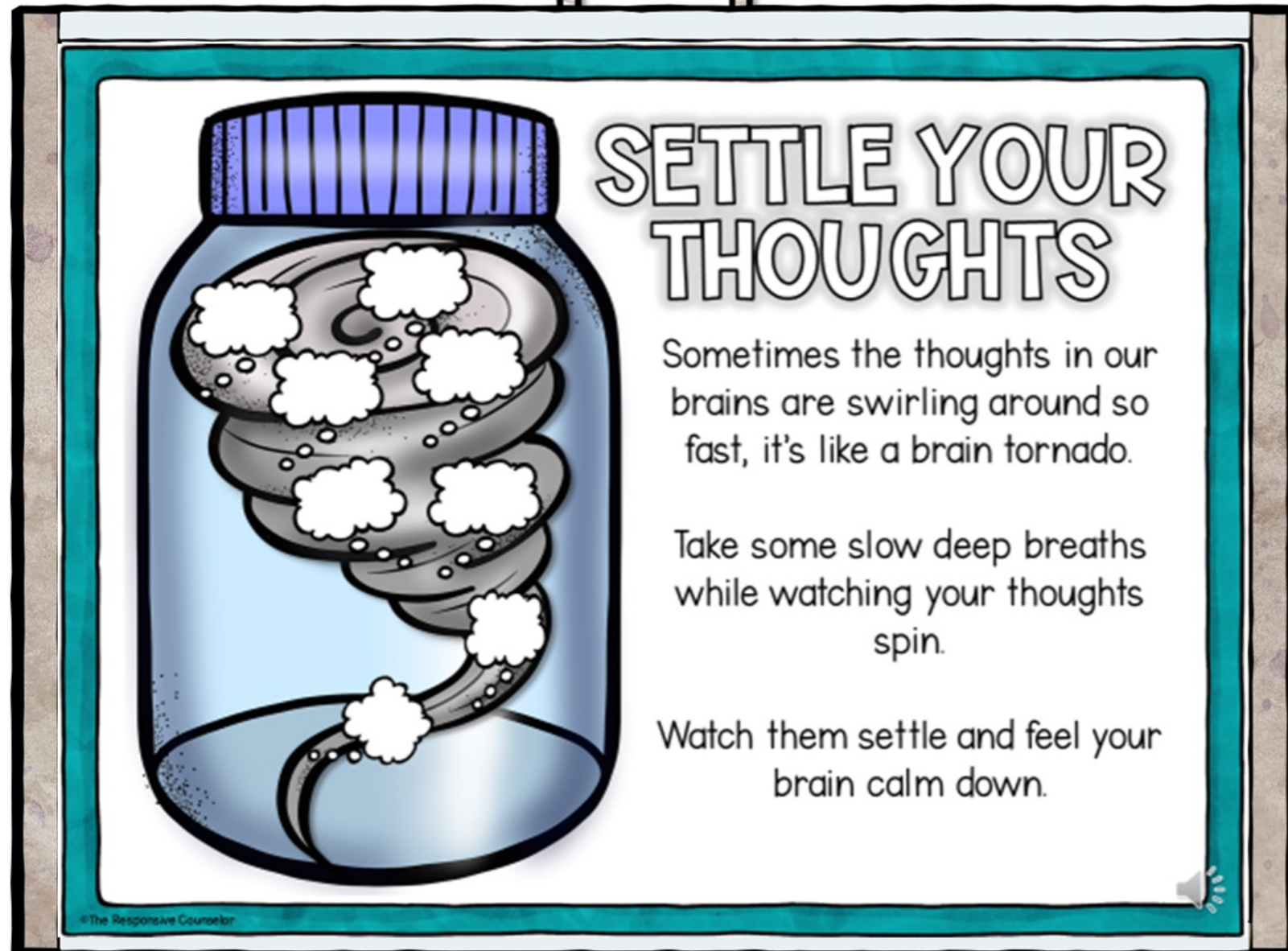


# BREATHING, BODY, & MINDFULNESS



## 18 calming strategies

- Videos and posters
- With and without narration
- Lower and upper elementary versions



# notes to the counselor/teacher

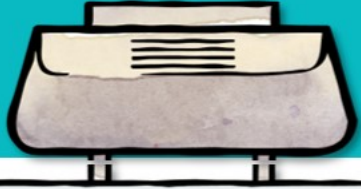
This resource can be used for:

- Whole group lesson on coping skills
- Brain breaks, mindfulness moments, or calming moments to use at the start or end of lessons, or for transitions
- Small group counseling
- Individual counseling
- Virtual learning





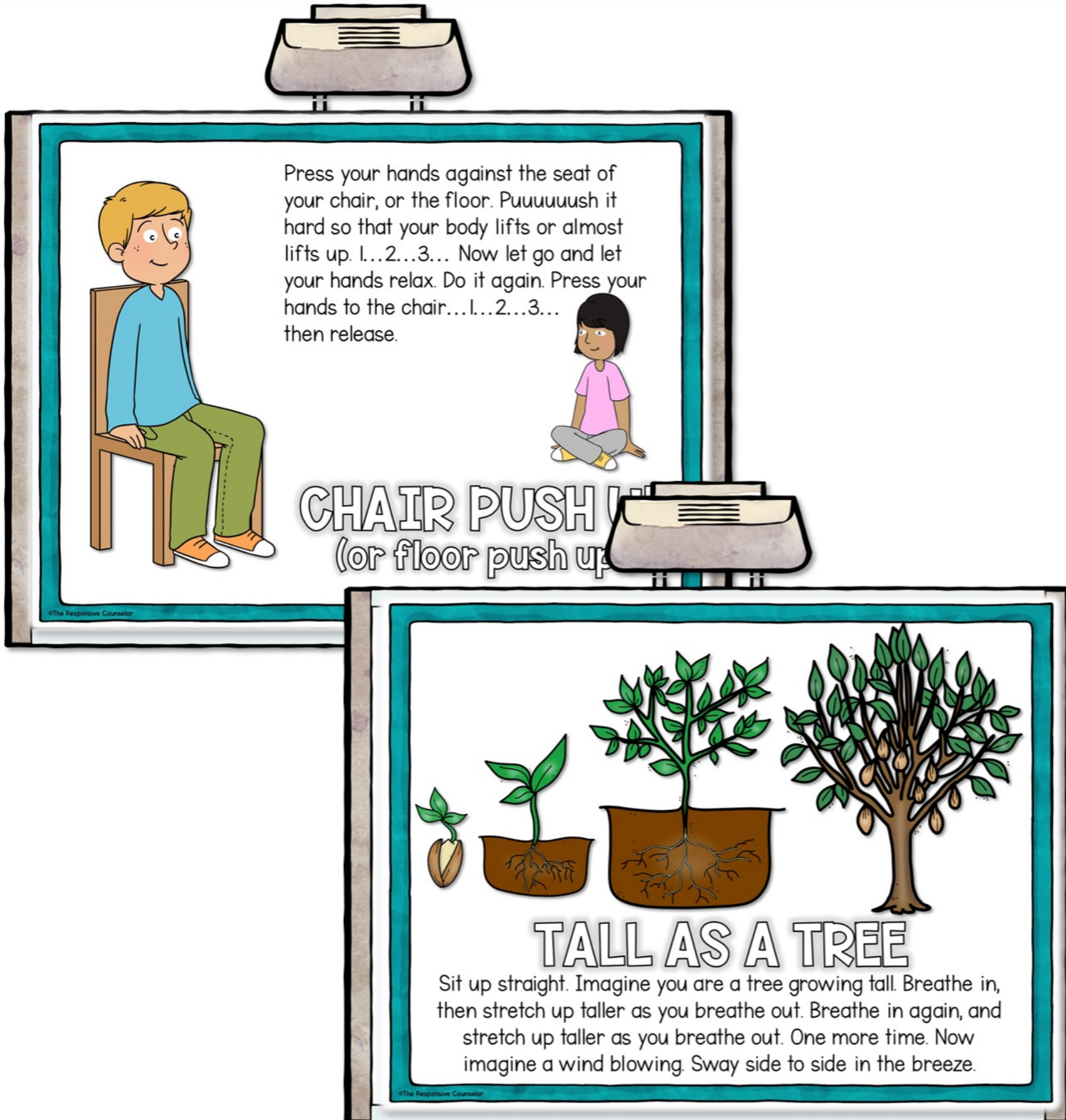
# breathing videos



- Finger Breaths
- Tall Like a Tree
- Rainbow Breaths
- Bird Breathing
- Buddy Breathing
- Square Breathing



# body relaxation videos



- Body Check
- Tall as a Tree
- Relaxing Light
- Hug Yourself
- Chair Push Up
- Mindful Movements





# mindfulness videos



## SETTLE YOUR THOUGHTS

Sometimes the thoughts in our brains are swirling around so fast, it's like a brain tornado.

Take some slow deep breaths while watching your thoughts spin.

Watch them settle and feel your brain calm down.



## GRATITUDE

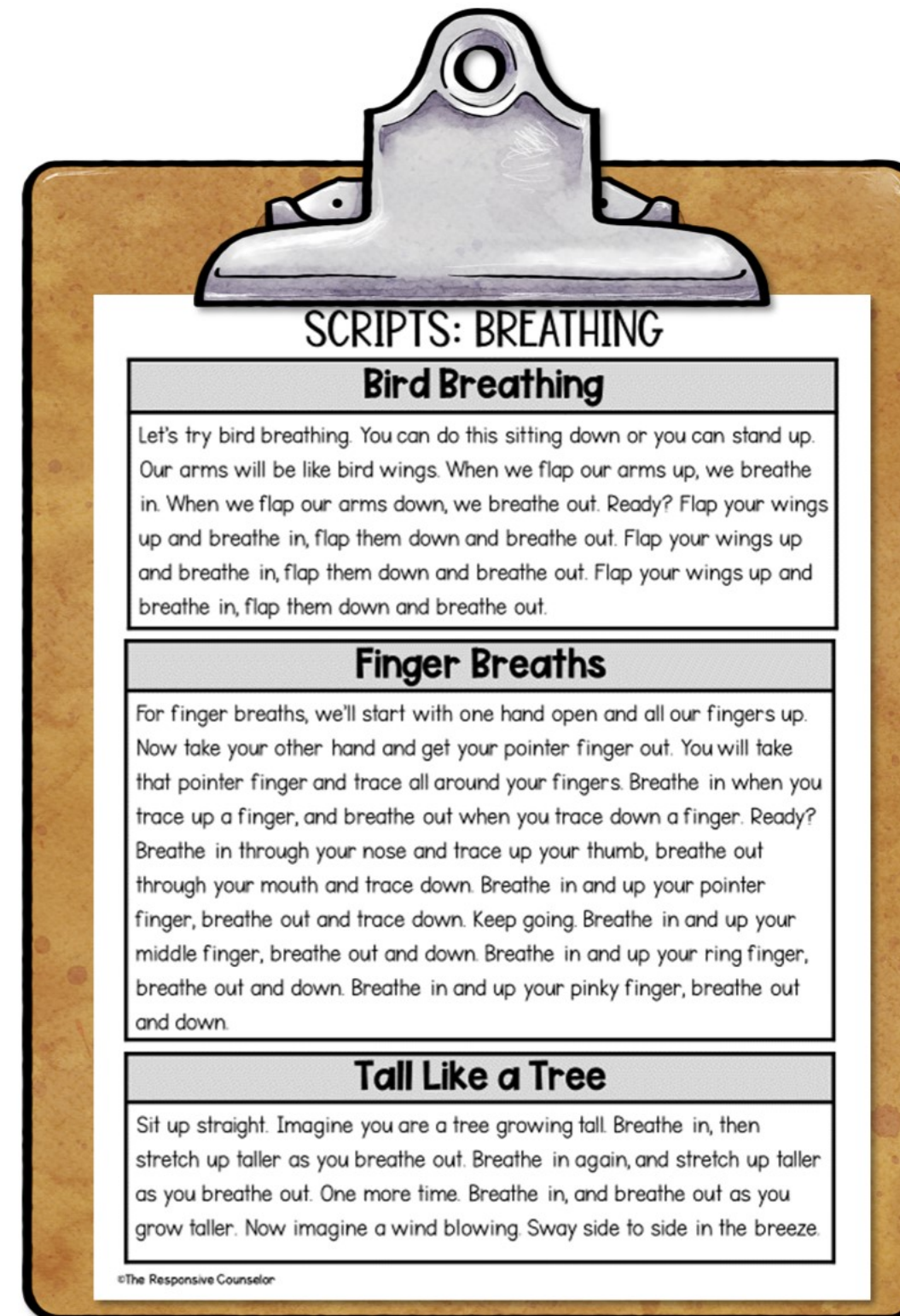
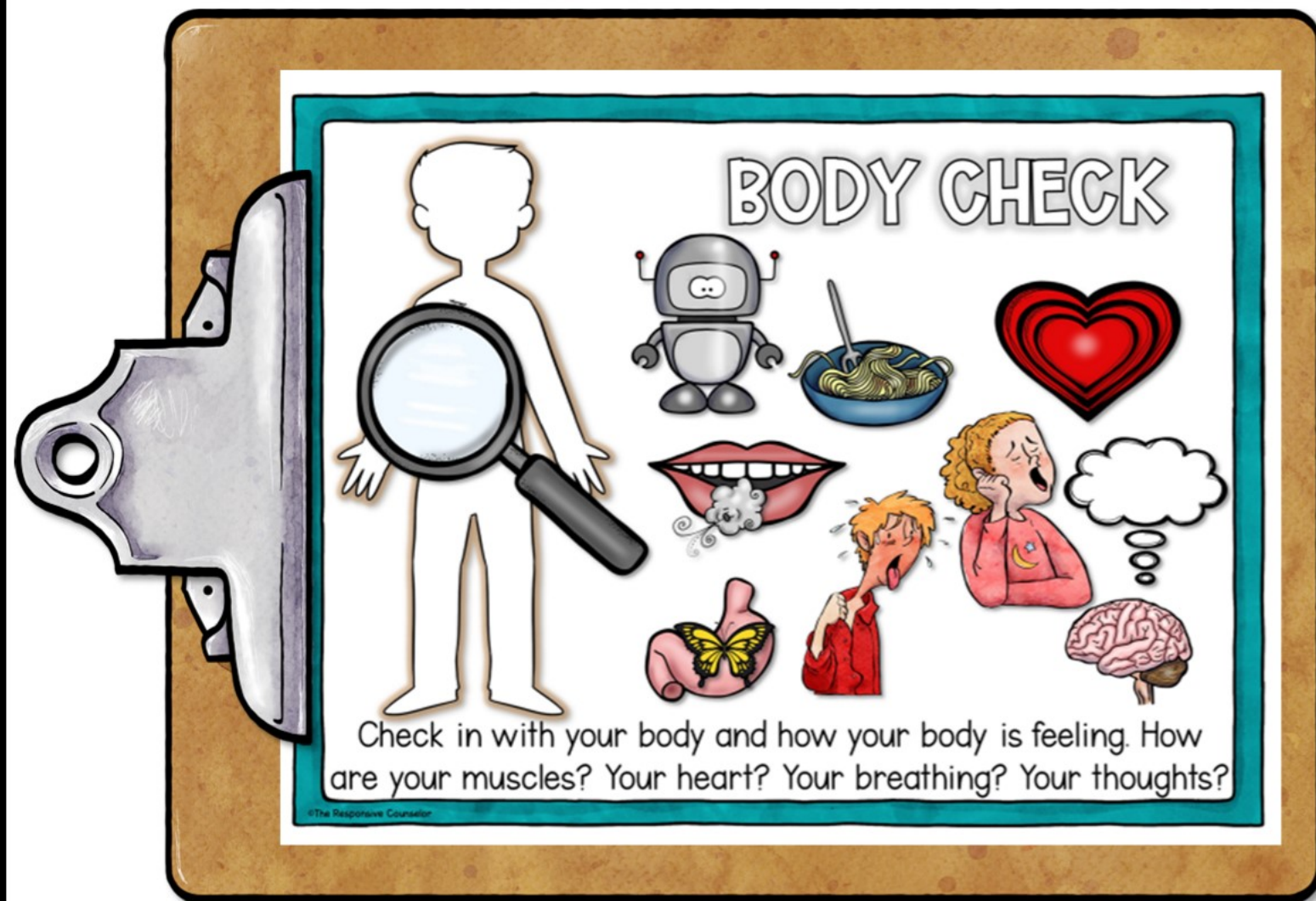
Thinking about the things we are thankful or grateful for can help you feel calmer or happier inside. Who is a person that you are grateful for? Something in nature? A Place? Something at home? Something at school? A memory?

- Gratitude
- Five Senses
- Hot Air Balloon Ride
- Settle Your Thoughts
- Positive Affirmations
- Safe Place



# scripting + posters

Single page posters included for use one-on-one in counseling sessions, or for students to use independently



Scripting included for adding your own narration live or for recorded videos



# worksheets for class lessons

## What relaxes you?

Try as many of the relaxation strategies as you can. Go in whatever order you want. Think about how relaxing or calming or helpful each strategy video was for you. *After* you've practiced the strategy and finished the video, write the score you give it in the box.

NOT CALMING OR  
HELPFUL AT ALL

0 1 2 3 4 5

NOT CALMING OR  
HELPFUL AT ALL

RELAXATION STRATEGY	SCORE (0-5)
All About the Breath	
Body Check	
Rainbow Breaths	
Hug Yourself	
Tall as a Tree	
Chair Push Up	
Gratitude	
Positive Affirmations	
Settle Your Thoughts	
Rainbow Breaths	
Finger Breaths	
Tall Like a Tree	

Processing  
worksheet and  
(editable) scoring  
sheet included for  
using videos in  
whole class lessons  
on coping skills

## COPING STRATEGIES REFLECTION

Name: \_\_\_\_\_

Which strategy would be most helpful to you if you were ANGRY?

When might you feel angry and need to use this strategy?



Which strategy would be most helpful to you if you were WORRIED?

When might you feel worried and need to use this strategy?



Which strategy would be most helpful to you if you were SAD?

When might you feel sad and need to use this strategy?





Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**   
**counselor**

Let's Connect:

