



Bringing it Back to the Breath

Breathwork to Promote Self-Regulation



Welcome!



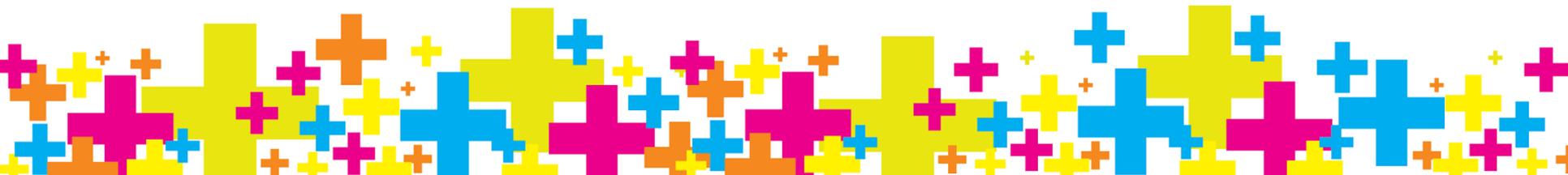
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Challenge to Change, Inc.



- + Our mission at Challenge to Change is to teach lifelong wellness skills benefiting the mind, body, and spirit of people of all ages. We focus primarily on the practices of fitness, yoga, meditation, and daily mindfulness.
- + Yoga & Mindfulness Curriculum (K-12): Live, Online, Licensing
- + Continuing Education Courses for Teachers
 - Yoga for Teachers, Mindful Games, Social-Emotional Learning
- + Studio Programming: Adults & Children



Connecting With Your Breath



SLEEPING BEAR BREATH



My Story...



Benefits of Breath



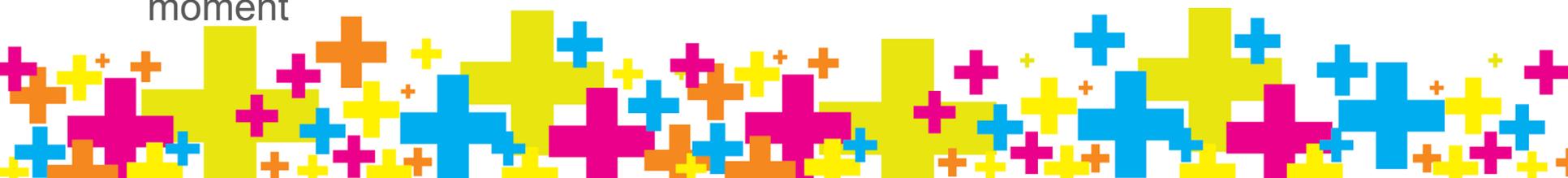
- + Stimulates the parasympathetic nervous system, lowering stress levels
- + Slows your heart rate
- + Lowers or stabilizes blood pressure.
- + Supports full oxygen exchange: the beneficial trade of incoming oxygen for outgoing carbon dioxide.
- + Link between types of breathing and activation in brain structures involved in thinking, feeling, and behavior.
 - This increases the possibility that specific breathing strategies may be used as a tool to help people to manage their thoughts, moods, and experiences.



Benefits for Adults in the Educational Setting



- + Reduces stress levels
- + Increases emotional positivity and sensitivity to students' needs
- + Improves use of instructional time, resulting in students being more involved in learning activities
- + Refocuses attention to the present moment

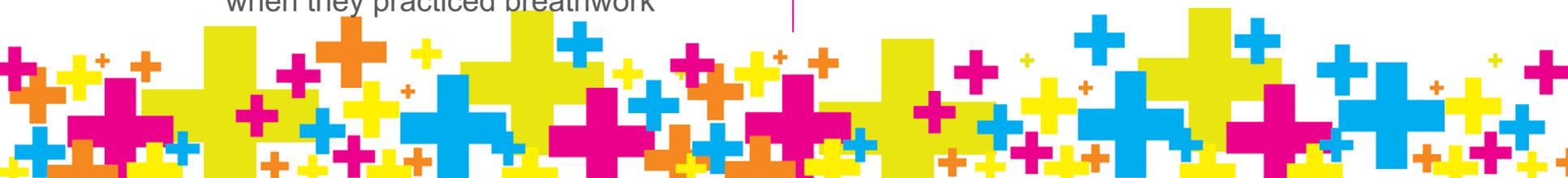


Benefits for Youth



- + Improves academic performance
 - Increased attention span and attendance rates
 - More attention to tasks and teacher directions
- + Minimal referrals for behavioral issues
- + Positive attitudes
 - Increases positive automatic thoughts over time
 - General enthusiasm among students when they practiced breathwork

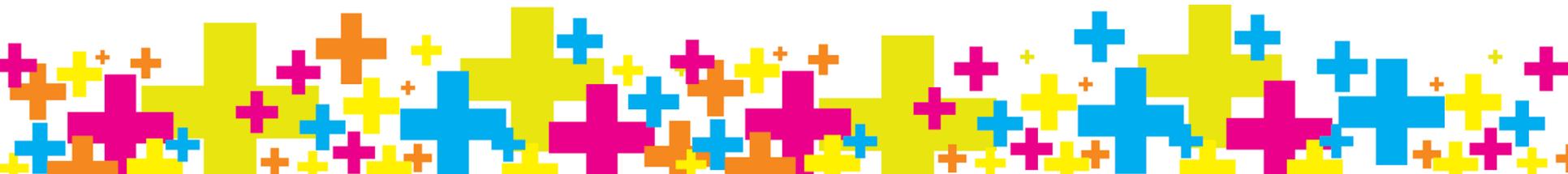
- + Brain Health Support
 - Reduces test anxiety
 - Effective in addressing depression, anxiety and stress related disorders.
- + Social-Emotional Support
 - Promising intervention for social-emotional difficulties
 - Increases self-regulation



Four Categories of Breath

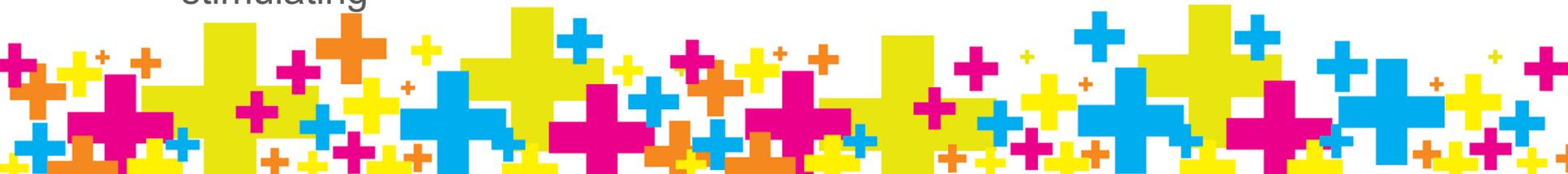


- + **Calming:** breath practices that are intended to calm the mind, body, and spirit
- + **Concentration:** breath practices that calm the body while also increasing the concentration powers of the brain
- + **Energizing:** breath practices designed to awaken the body and the brain in safe, healthy ways
- + **Partner Practices:** breathing exercises designed for two people to connect and team-build in a calm and meaningful manner



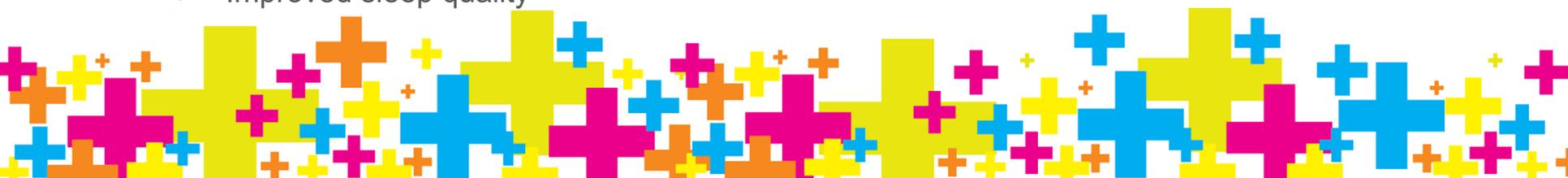
How to Breathe

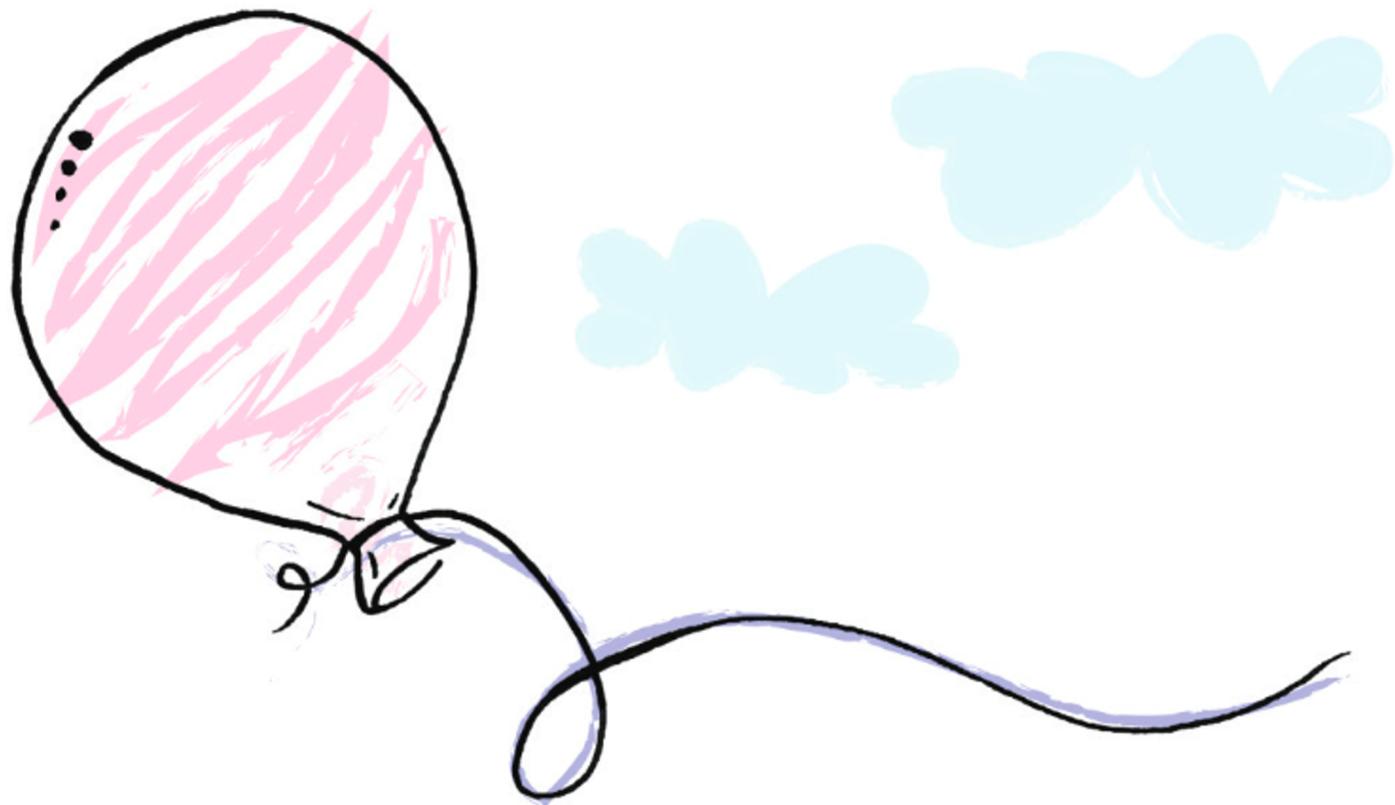
- + Diaphragmatic Breathing: Direct air into the belly
- + The slower, the better: Student's size = breath capacity
- + Longer exhales than inhales to quickly calm down the nervous system
- + Nasal breathing = calming; Mouth breathing = stimulating



Calming Breath

- + Typically in and out through the nose
- + Nasal breathing has the following characteristics:
 - Parasympathetic nervous system activation (“rest and digest, tend and befriend”)
 - Primarily diaphragmatic breathing
 - Dilation of blood vessels in the lungs
 - Increased oxygen exchange from lungs to the blood
 - Decreased breathing rate
 - Humidifies air
 - Sterilizes air
 - Improved sleep quality

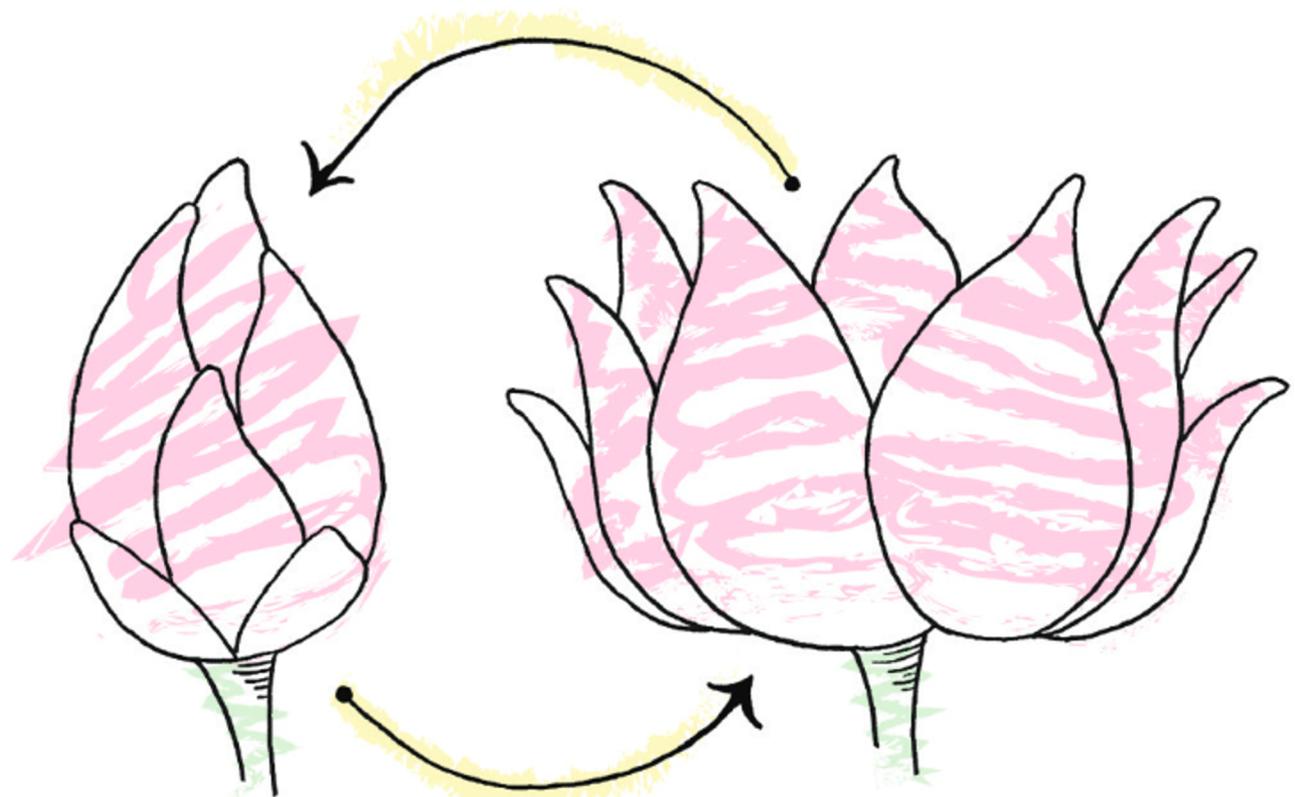




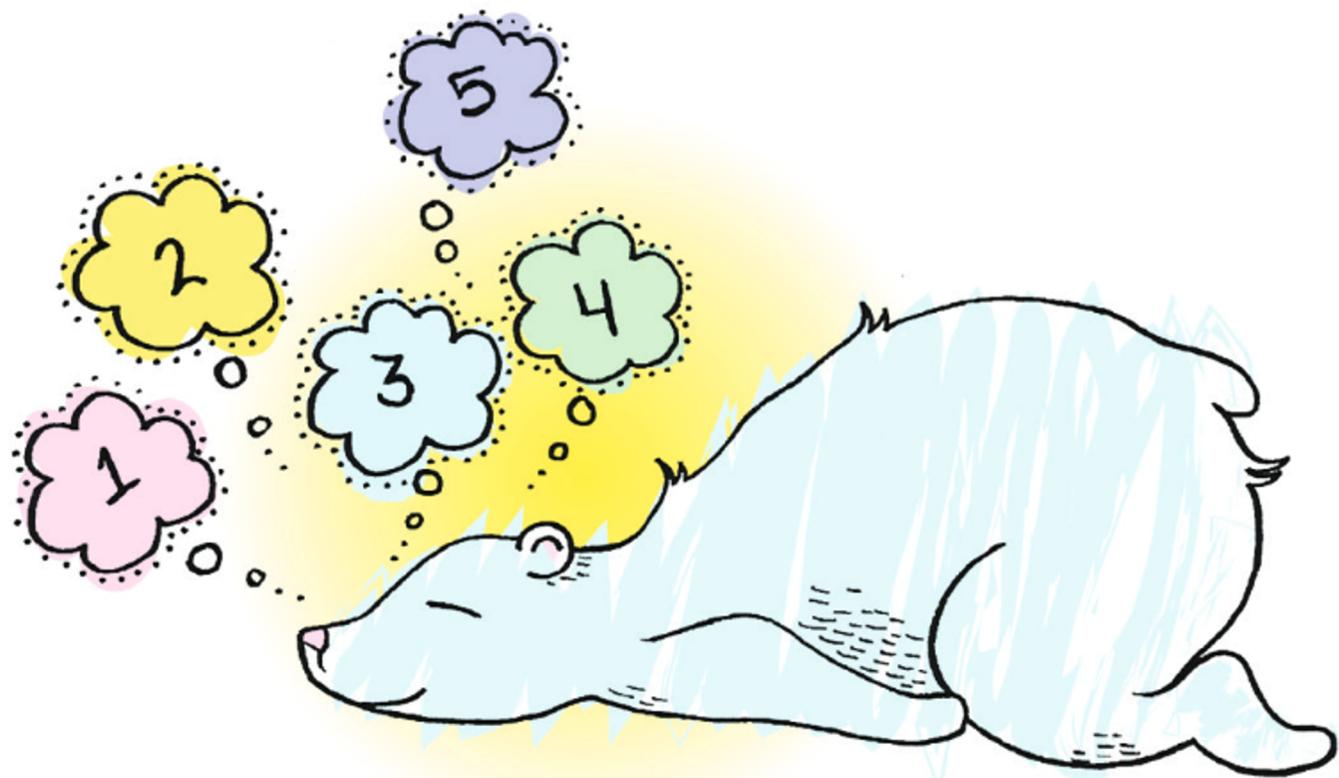
BALLOON BREATHING



FINGER TRACING



FLOWER BREATH



SLEEPING BEAR BREATH

When to Use

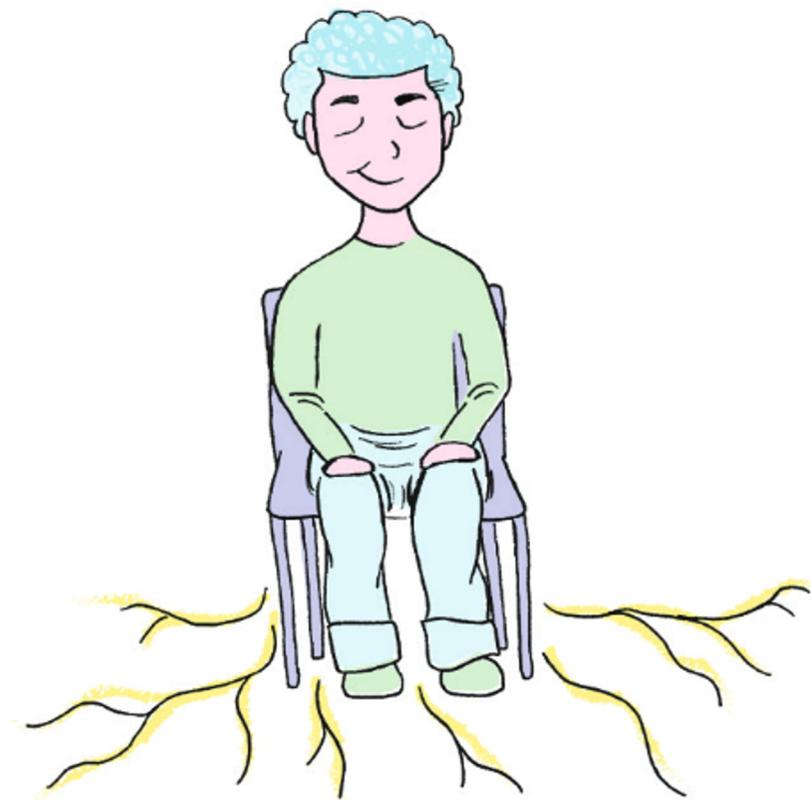
- + Before/after transitions, lunch/recess
- + When student(s) need to self-regulate
- + When experiencing anxiety
- + Before a test
- + Prior to a sporting event
- + Before tough conversations
- + When meeting new people
- + Before a performance



Concentration Breath

- + Inhale/exhale through the nose while visually focusing on an object or doing so in your mind's eye
- + Similar benefits to calming breaths with added focus and concentration

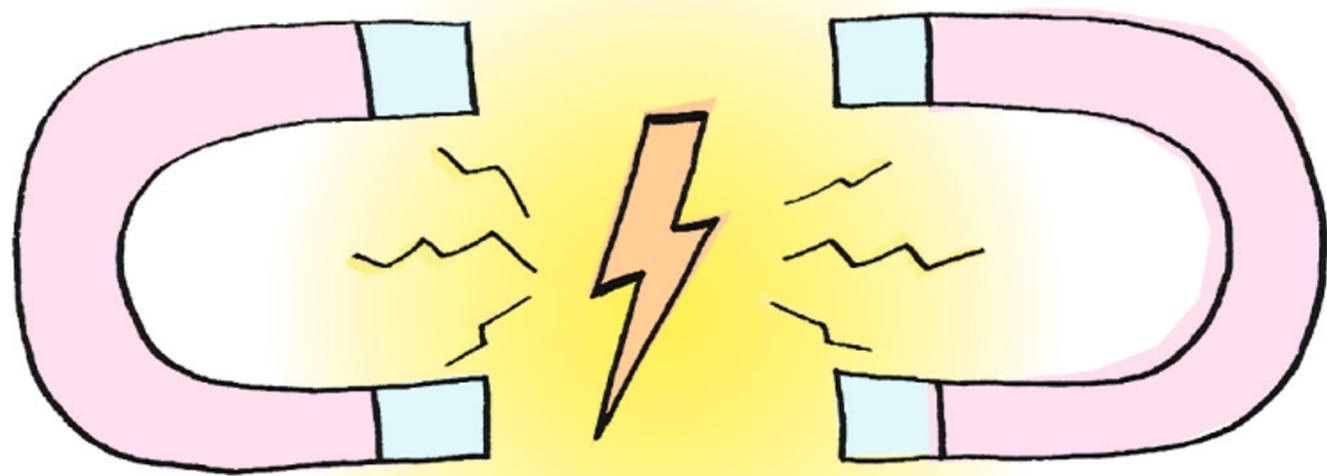




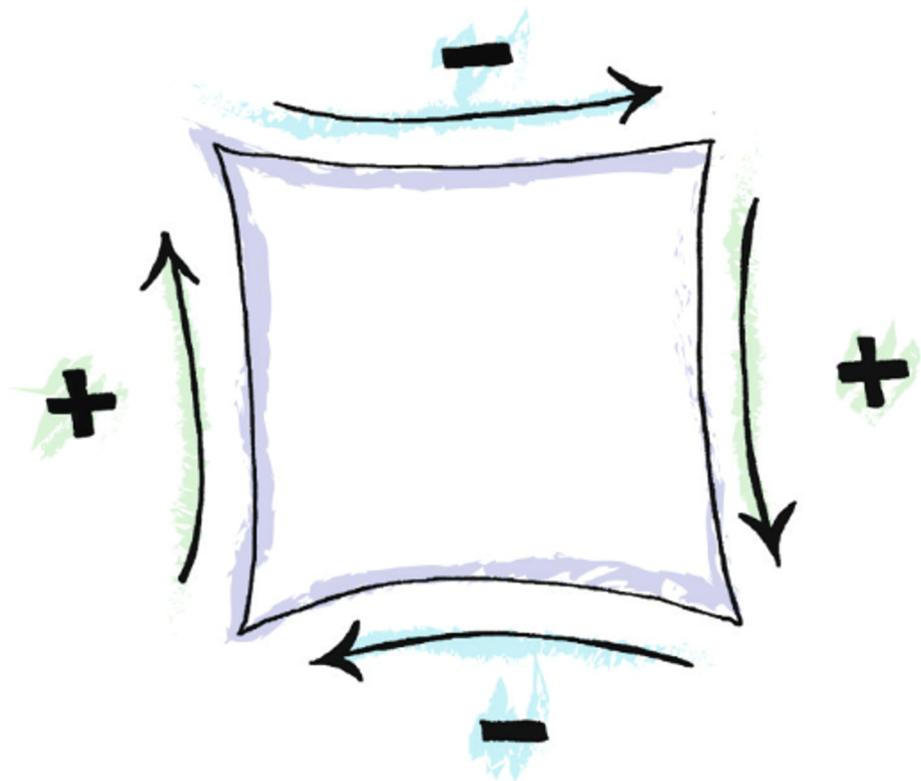
GROUND YOURSELF



ALTERNATE NOSTRIL BREATH



MAGNET BREATH



SQUARE BREATHING

When to Use

- + Before teaching new content
- + When students' attention begins wandering
- + When students need to practice active listening
- + To reduce multitasking
- + Before a test
- + Prior to participating in sports
- + Before a performance

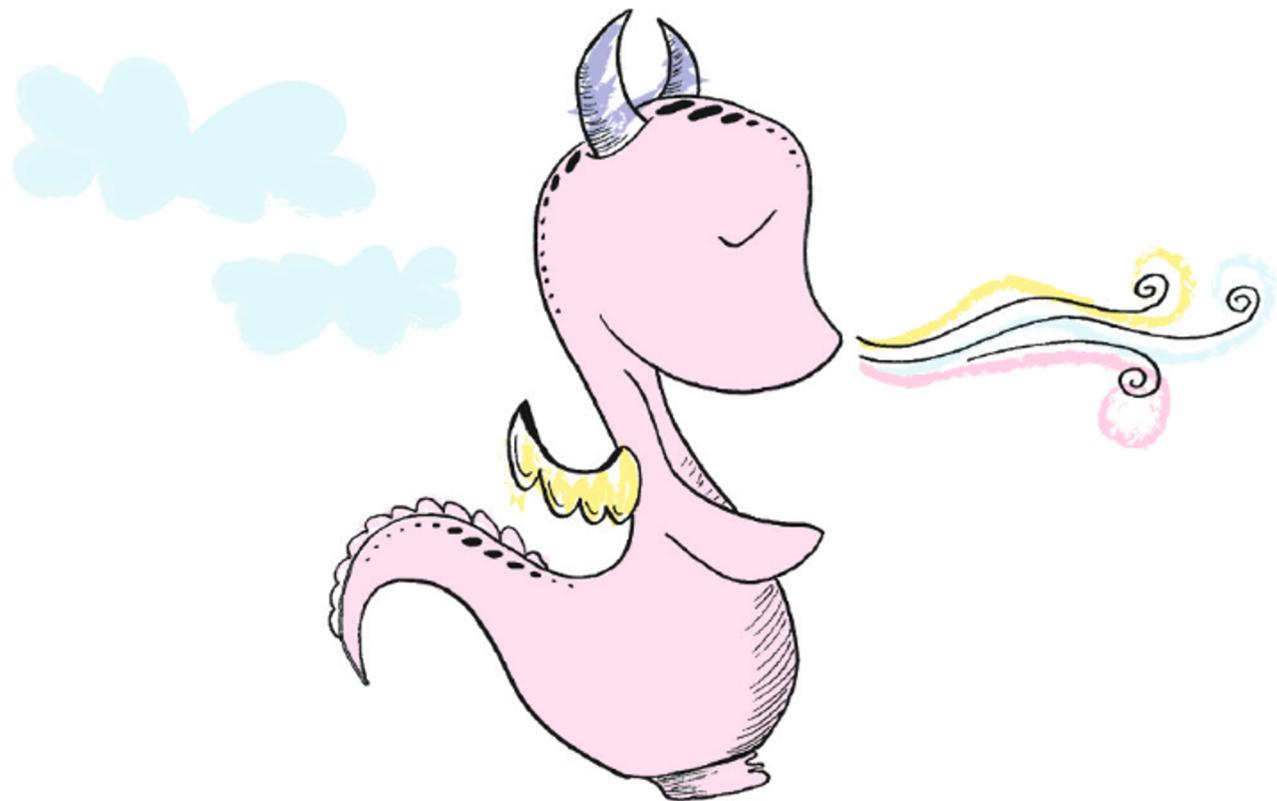


Energizing Breath

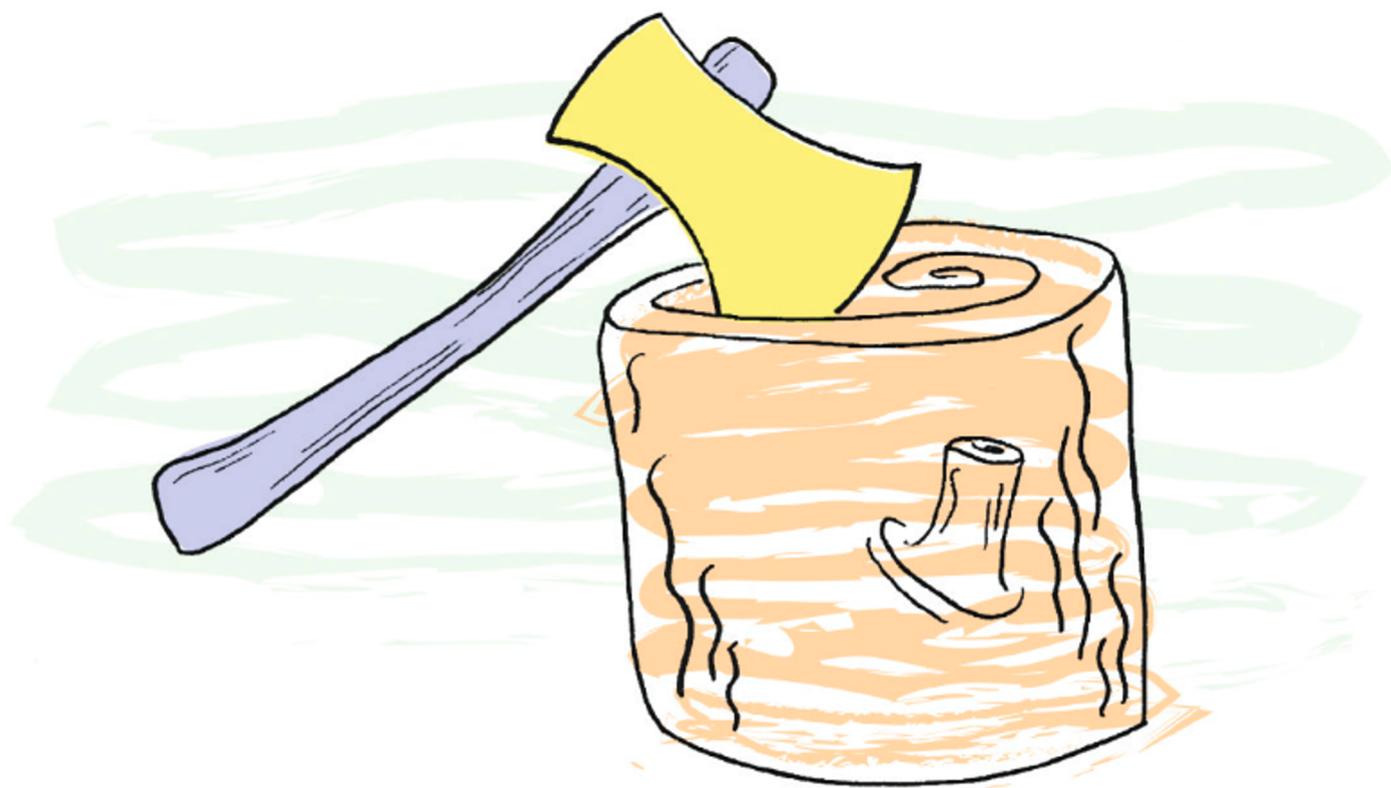


- + In through the nose, out through the mouth
- + Full mouth breathing activates the following symptoms:
 - Sympathetic nervous system drive (“fight or flight”)
 - Primarily chest breathing
 - Uses secondary breathing muscles
 - Constriction of blood vessels in the lungs
 - Decreased oxygen exchange from lungs to the blood
 - Increased breathing rate
- + Inhaling through nose = reduces these symptoms

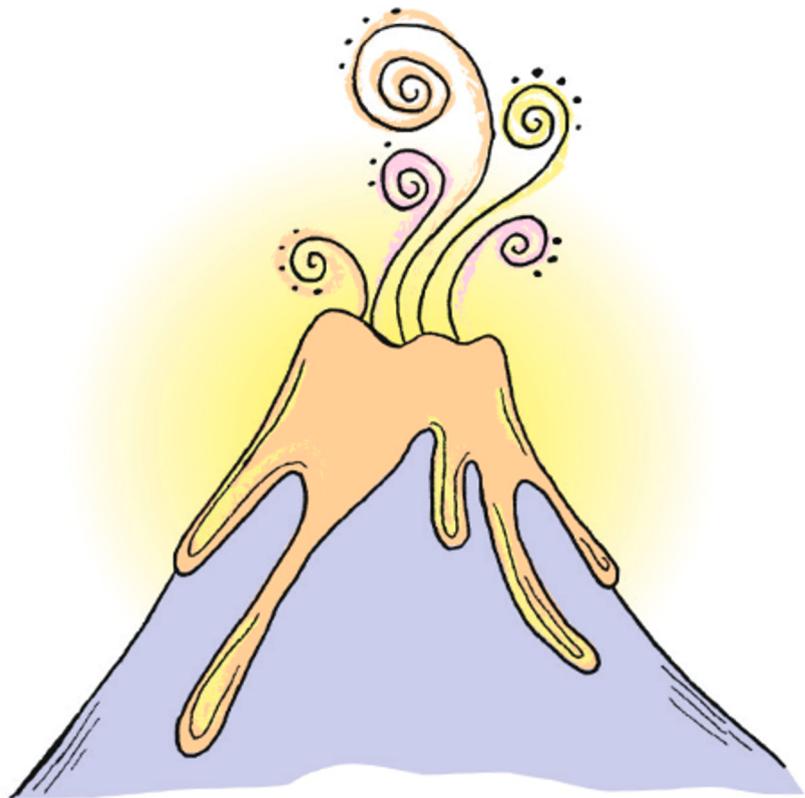




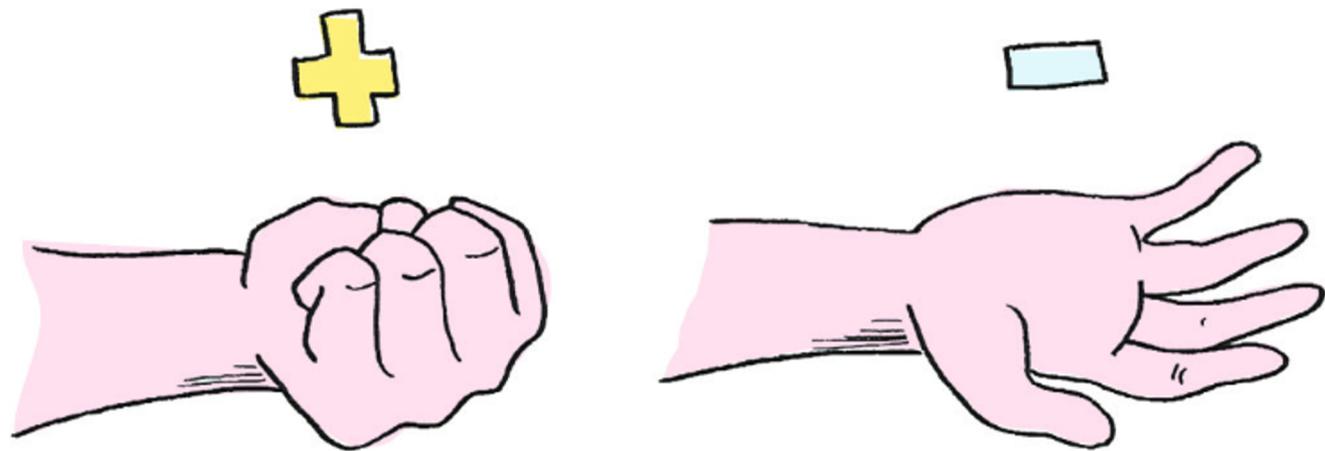
DRAGON BREATH



WOODCHOPPER BREATH



VOLCANO BREATHING



TENSE & RELEASE BREATH

When to Use

- + At the beginning of the day
- + At the end of the school day
- + When students are tired
- + When students need to physically release energy
- + When students need to de-escalate
- + When you're trying to excite students
- + After a video
- + Before PE



Partner Breathing

- + Relationship & team building activity
- + Promotes connection
- + Increases trust
- + Social skill development
- + Empathy building





PEDAL BREATH



DOUBLE CHAIR BREATHING



LEAN ON ME

When to Use

- + Team/community building activities
- + When working with small groups
- + After problem resolution



Proactively Teaching Breathwork

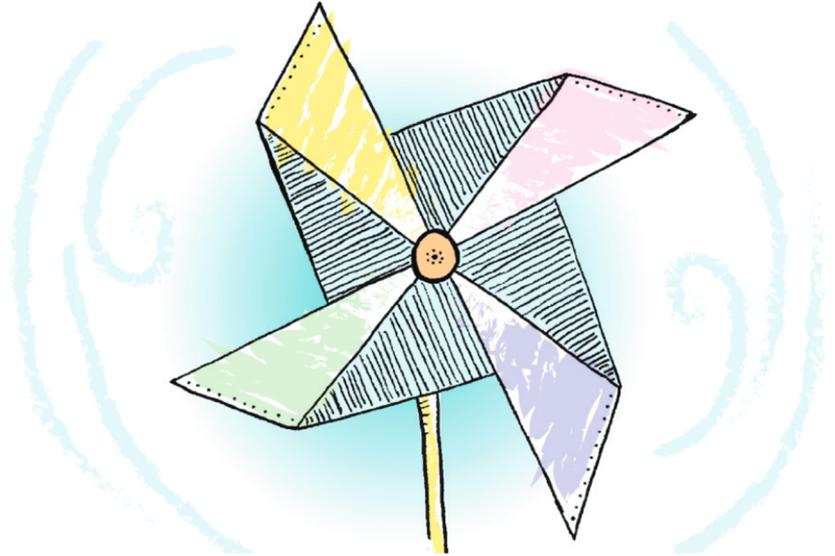


- + We are unable to learn new things when we move into the fight, flight, freeze mode, which means we must learn and teach others breath techniques when in a calm state.
- + Classroom Community Time: Morning meeting, advisory, etc.
- + Transitions: Before a transition
 - Can be used after transitions when comfortable with the technique
- + Social-Emotional Lessons
- + One on one work



Props to Promote Proper Breathing

- + Hoberman Sphere
- + Balloon
- + Pinwheel
- + Bubbles
- + Strip of Paper
- + Shape Pictures
- + Stuffed Animals



Social-Emotional Wellbeing



- + Self-Awareness: Basic Breaths
- + Impulse Control: Needed Breath Type
- + Stress Management: Relaxation Breaths
- + Self-Discipline & Self Management (Attention): Concentration Breaths
- + Perspective Taking & Empathy: Partner Breaths
- + Teamwork: Partner Breaths
- + Analyzing Situations & Solving Problems: Taking time to pause & breathe before acting



Self-Regulation for Adults

- + Start off your day mindfully
 - Breathe and bring the best version of yourself to work
- + Feeling triggered by a student?
 - Breathe to de-escalate your side of the situation
- + Dealing with a traumatic situation?
 - Breathe after the situation to reduce secondary trauma
- + Need a moment to calm down?
 - Breathe with the whole class!



Self-Regulation for the Class

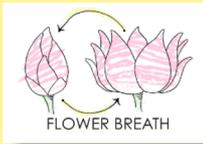
- + Attention grabbing techniques
- + Refocus students after conflict
- + Smooth transitions
- + Refocus students when attention begins to wander
- + Intentional brain breaks



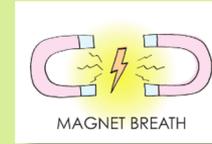
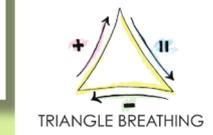


When you feel... SAD TIRED DEPRESSED

When you feel... NERVOUS SURPRISED ANXIOUS CONFUSED



When you feel... BREATH PRACTICES



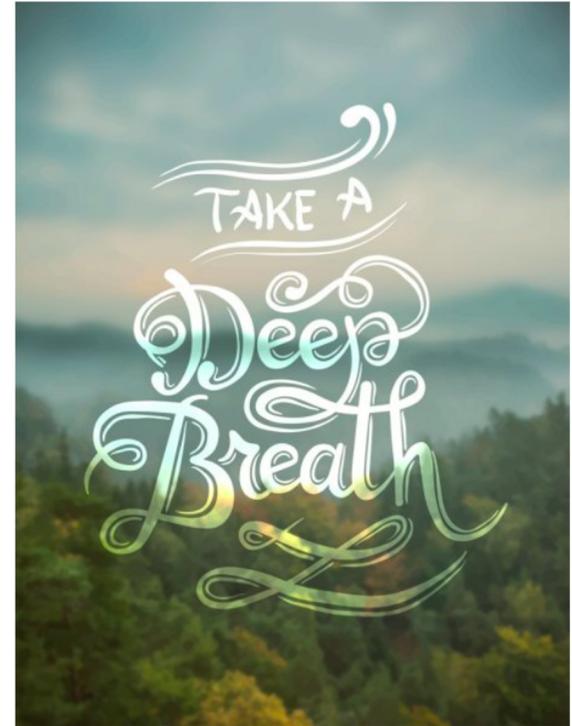
When you feel... HAPPY CALM CONTENT READY TO LEARN

When you feel... ANGRY MAD OVERLY EXCITED DISGUSTED



Self-Regulation for an Individual Child

- + Breath matching
- + Intervention plan
- + Help to calm an anxious student



Personal Empowerment

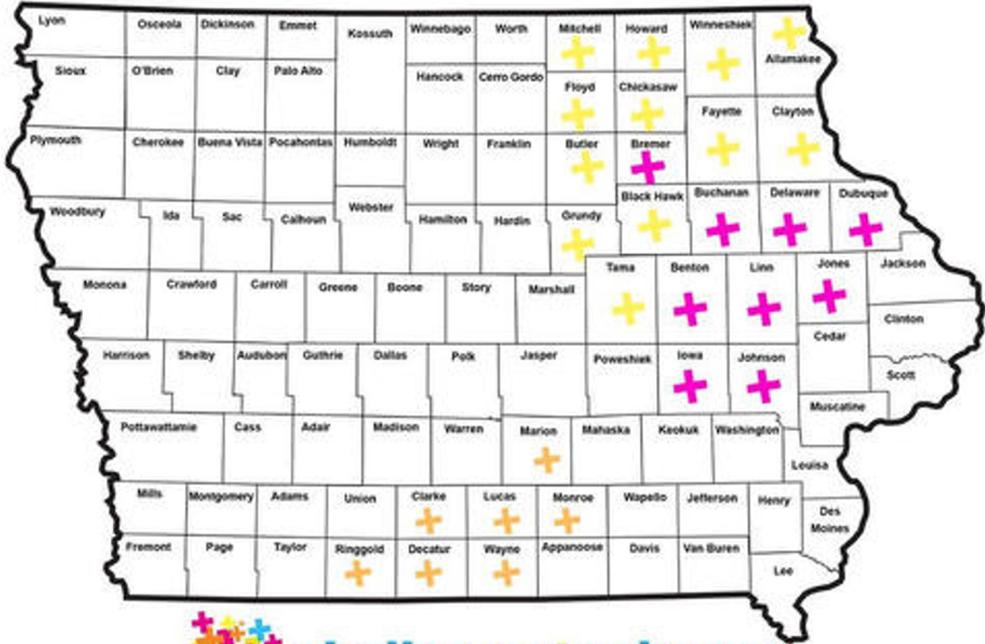


Q & A



Act Now!

Are you an **Educator** in these counties?



Join us for FREE online programming if you are a part of the indicated counties. Apply for a spot **HERE!**



Grow with us!

Continuing Education opportunities available this school year. Learn more [HERE!](#)



Learn with us. Train with us.  challenge to change

CONTINUING EDUCATION

Are you an **EDUCATOR** seeking ways to bring a sense of calm into your classroom? Are you a **PARENT** looking to handle your child's behavior in a different way? Are **YOU** looking to deepen your own understanding of yoga and mindfulness? We want to support you in becoming the best version of you!



Oct 5-Nov 16
Tuesdays - 5:15-7:45pm
ONLINE
Yoga for Secondary Teachers
Heartland AEA
SECTION 308091

Oct 13-March 9
One Wed per month
5:15-7:45pm
ONLINE
Year 1: Using Yoga & Mindfulness All Year in Your Classroom
Heartland AEA
SECTION 308093

Nov 18-Dec 20
Mondays - 5:15-7:45pm
ONLINE
Social Emotional Learning
Heartland AEA
SECTION 308085

Dec 4 & 18
8:00am-4:30pm
ONLINE
Mindful Games
Heartland AEA
SECTION 308107

Mar 21-Apr 25
Mondays - 5:15-7:45pm
ONLINE
Yoga for Secondary Teachers
Mississippi Bend AEA
SECTION 308108

Jan 24-Feb 28
Mondays - 5:15-7:45pm
ONLINE
Yoga for Elementary Teachers
Mississippi Bend AEA
SECTION 308282

Oct 9 & Oct 10
8:00am-4:30pm
IN PERSON @ STUDIO
Breathing New Life Into Your Classroom Community
Keystone AEA
SECTION 308273

Oct 7-Nov 18
Thursdays - 5:15-7:45pm
ONLINE
Yoga for Elementary Teachers
Northwest AEA
SECTION 308297

Jan 4-Mar 10
Tuesdays/Thursdays
6:30-7:30pm
ONLINE
Be Here Now Webinar Series: Mindfulness Practices for Teachers & Students
AEA Online
SECTION 308291

Mar 16 & Mar 17
8:00am-4:00pm
IN PERSON @ STUDIO
Social Emotional Learning
Keystone AEA
SECTION 309074

Register Now!

Courses will be in person unless otherwise specified. If a section shifts to online via ZOOM, you will be notified. Sign up through your local AEA. Questions? Contact Amy (515) 230-0633 or amy@challengechangeinc.com



Thank You!



- + Find us at:
 - www.challengetochangeinc.com
- + Email me:
 - amy@challengetochangeinc.com



