



# Importance of Breathing

October  
2020

USE THESE GUIDED EXERCISES TO PRACTICE DEEP BREATHING AND MAKE IT A HABIT

PLEASE CONTACT US WITH ANY QUESTIONS, COMMENTS, OR CONCERNS

## Students K-5

Practice your deep breathing to relax and calm down. Use the tools below!

<https://www.youtube.com/watch?v=mZbzDOpylA&feature=youtu.be>

<https://infograph.venngage.com/infographic/thumbnail/social/c47ba8ce-e8a3-49d5-8758-e6f1b5db6ea8.png>

[file://depositfile01.deposit.ad.southcentralric.org/staff\\$/mwebster/My%20Documents/SEL%20Committee/Belly%20Breathing%20-%2003-5.pdf](file://depositfile01.deposit.ad.southcentralric.org/staff$/mwebster/My%20Documents/SEL%20Committee/Belly%20Breathing%20-%2003-5.pdf)

## Students 6-12

Deep breathing can be a useful tool to use to help manage your stress level. Practice deep breathing with this video!

<https://www.youtube.com/watch?v=e2j7S8dy8jo>

[file://depositfile01.deposit.ad.southcentralric.org/staff\\$/mwebster/My%20Documents/SEL%20Committee/Breathing%20Handout.pdf](file://depositfile01.deposit.ad.southcentralric.org/staff$/mwebster/My%20Documents/SEL%20Committee/Breathing%20Handout.pdf)

## Parents and Families

Life can be stressful and we all need ways to relax and cope with the stress. Use this link below to learn how to use deep breathing to reduce stress!

<https://www.youtube.com/watch?v=We-mm-i6Xhr8>

## Staff:

It is crucial that we all take care of ourselves and be able to support each other! Continue to practice deep breathing, even when you are not in the stressful moment to take care of your mental health!

<http://presspause.halfopus.com/index.php/2017/08/18/deep-breaths-8/>



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