

Lesson 1

Focus Breathing: (1 minute)

- Sit up straight
- Feet firmly planted on the floor
- Hands relaxed on your legs
- Take one deep breath in
- One deep breath out
- Take another deep breath in
- And another deep breath out



Group Activity: (20 minutes)

Silent Line Up(#11 under group activities)

1. Tell students they will line up in a particular order without verbal communication
2. First time- line up in order of birthdates (Month and day)
3. Prepare students to decide how to communicate and move safely to successful outcome

Adaptations: Line up by shoe size, by height, by number of brothers and sisters, number of letters in your name, ABC order of first or last names etc.

****You can do this multiple times to fill the time. GET CREATIVE****

Explain the why!!!! (refer to the diagram in the top right corner of this paper)

Announcements: (3 minutes)

(This is where you can state how/what you want students to do to transition into the class. You can also address any classroom or school announcements)

Transition Breathing: (1 minute)

- Take one deep breath in
- One deep breath out
- Deep breath in; smile out
- Consider how you are feeling at this moment
- Consider what you need to do next
- Consider how you will plan to do that
- Deep breath in; deep breath out
- Move your body quietly, but intentionally to accomplish your goals as you continue on with the rest of your day