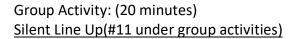
Lesson 1

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





- 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 she 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 a 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

