

Mindful Breathing

STOP

Stop is a great simple strategy to refocus children in between tasks or even just to refocus them.

When the classroom is getting a little bit flustered, noisy or upset, this 10 second mindful break is great. It gives everyone in the class a moment to consider what is happening around them just for a short space of time.

You will need to teach the children the acronym:

S- Stop what you are doing.

T- Take a deep breath. Breathe in for the count of 5, hold for the count of 1 and exhale for the count of 8.

O- Observe what is happening around you in the present moment.

P- Proceed with what you were doing.

When you first begin, you will need to practice this regularly, repeating the acronym so that it reinforces what should be happening in that moment. In time, you will just be able to use a signal and children will be able to guide themselves through the exercise.