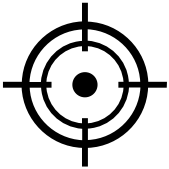


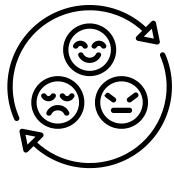


Teaching  
students breathwork tools for life.

## WELLBEING INCURSION



FOCUS



EMOTIONAL REGULATION



WELLBEING



RESILIENCE

## Mindful Breathing for students

### Learning Intention

To promote student *wellbeing* through breathwork practices.

The 45 minute session includes:

- Introduction to the breath
- Three simple breathwork practices
- Reflection

### Resources:

- Breathwork instructions handout
- Teacher notes on practicing breathwork in the classroom
- Reflection Scaffold

*When we change the way we breathe we can alter our physical, mental and emotional states.*

## CURRICULUM LINKS

GRADES 3-6

### Health and Physical Education

#### *Personal, Social and Community Health*

- Describe and reflect on strategies to manage emotions
- Practice strategies to enhance mental wellbeing

### Personal and Social Capability

#### *Self Management*

- Emotional regulation

**CONTACT FOR A QUOTE:** Nerissa Broben  
[nerissa@webreathe.com.au](mailto:nerissa@webreathe.com.au) or 0408 545 970  
[www.webreathe.com.au](http://www.webreathe.com.au)