

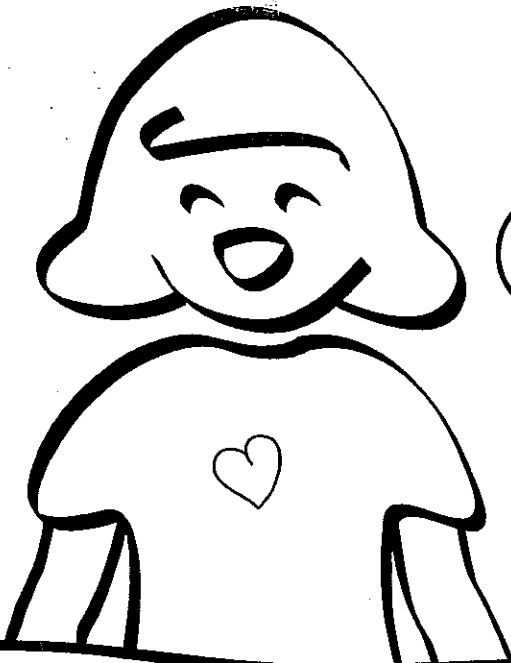
# Breathing Exercise

*Say the following:*

I want everyone to sit quietly and listen to the sound of your own breath coming in and out of your body. Just breathe normally, don't strain, but listen carefully to your own breathing.

①

Next, breathe in through the nose, and out through the mouth gently. When you let the breath out, make a gentle "Ahh" sound. (Repeat three times.)



②

Breathe in through the nose to a count of four (demonstrate). Then slowly breathe out, making a gentle "Ahh" sound to a count of four (demonstrate). (Count while the students breathe. Repeat five times.)

Students can utilize this gentle breathing anytime they are feeling worried or anxious. Remember this breathing technique during the next exercise.

# Guided Imagery

*Say the following:* Sit comfortably at your desk, with your feet flat on the floor, and your hands resting in your lap (optional: head on desk). Close your eyes, and listen carefully to the sound of your own breath. I'm going to tell you a story, and as I tell it, I want you to picture yourself in the story.

*Read the following:* It's a beautiful day outside. The sun is shining, it's warm, and the sky is blue. You are walking down the street to your school. When you go inside your school, you walk down the hallway to your classroom. Your teacher greets you at the door, and tells you that something is a little different in the classroom today.

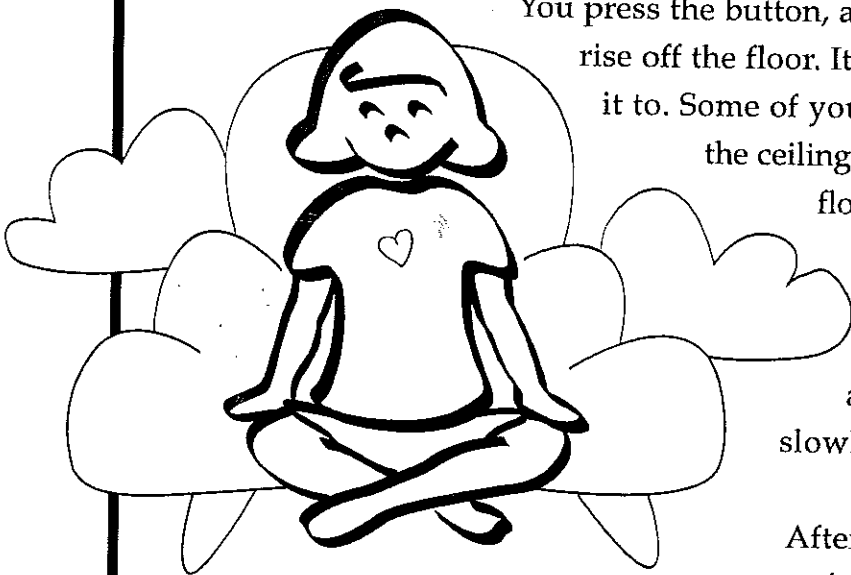


You look around, and you see that all of the desks and the chairs are gone! Instead, everyone in the room has a special chair, made of clouds. You can see your chair right in front of you. It has a wide puffy back and a thick cushion of clouds for a seat. Your cloud chair even has special sides that make it easy to climb into. You're worried that when you try to sit down you'll fall right through the cloud bottom, but when you poke your finger into your chair it feels like a fat, soft marshmallow.

You climb up onto your chair, and sink into the back cushion. This is the softest, warmest chair you've ever sat in. You stretch your legs out in front of you, and the seat grows to just the right size to hold them. You smile, because you are so comfortable. When you move to the right, or the left, the seat moves with you. When you sit back, the sides of the chair give you a wonderful cloud hug. You take a big breath in, and relax and sink more deeply into the chair. You see that there is a button on the side of the chair that says "UP".



You press the button, and slowly your chair begins to rise off the floor. It goes only as high as you want it to. Some of your classmates are floating near the ceiling, and some are drifting near the floor. Nobody bumps into anyone else, and everyone is smiling. You can feel yourself floating along. With each breath in, and each breath out, you float slowly around the classroom.



After a little while, you notice that everyone's cloud chair has gently floated back down to the ground. A soft, warm breeze blows through the door. The fluffy clouds slowly swirl away from the chairs. And there you are, comfortable and smiling, back at your own desk. You look around, and everyone in your class is happy. Now before we open our eyes, let's all breathe in together, and slowly breathe out, making an "Ahh" sound. Now slowly open your eyes. Here we are, back in our classroom.

