

Scientific Research and Education Network (SciREN) 2023 Lesson Plan

General Lesson Information

Title: [Triangle Breathing: Breathing into a happier, healthier classroom](#)

Overview/Annotation- *A short summary or description of the lesson including activities and science concepts.*

[This lesson provides a brief introduction to a breathing exercise. Students will explore the effects of the intervention on their physical wellness and discuss how use of this technique can help them become healthier individuals, both physically and mentally.](#)

Setting or format (outdoors, in groups, lab, etc.): [This lesson can be completed anywhere students can write.](#)

Intended group size (if groups are used): [None.](#)

Intended grade level(s): [K-5](#)

Approximate Time of Lesson (*Ideally break down into 20-50 minute periods*):

[15 minutes.](#)

Researcher Biography

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Brief Description of Research Interests: [The WITY Lab is devoted to understanding and supporting the well-being of teachers and their students. Our research focuses on understanding how](#)

teachers impact students' social, emotional, and behavioral development. We also research interventions aimed to support the health and well-being of teachers and students, such as mindfulness-based programs.

Associated Standards and Objectives

Content Standards- *List Alabama Course of Study Standards that connect to lesson*

Health Education

HE19.K.1.1- Identify behaviors that impact personal health.

HE19.K.7.1- Show healthy behaviors that improve personal health and wellness.

HE19.1.1.1- Explain how healthy behaviors impact personal health.

HE19.1.7.1- Identify healthy practices and behaviors to maintain and improve personal health.

HE19.2.1.7- Identify positive examples of mental health.

HE19.3.4.3- Recognize causes of conflicts and apply nonviolent strategies to manage or resolve situations.

HE19.4.7.1- Demonstrate a variety of healthy practices and behaviors to maintain and improve personal health.

HE19.5.1.1- Draw conclusions about the relationship between healthy behaviors and personal health.

Primary Learning Objectives- *Sentences beginning with "Students will be able to..." that describe what students will do in the lesson that relates to how students will be assessed.*

Students will learn a calming technique.

Students will explain the impact of the technique on their minds and bodies.

Additional Learning Objectives- *Any learning outcomes that are not directly related to the content standards but may relate to other local or national standards*

Preparation Information

Total Duration- *How many minutes will the lesson last?*

15 minutes

Materials and Resources- *List of materials teacher will need to gather or prepare for lesson*

Paper and pencil for children who decide to draw out their triangle.

Technology Resources Needed- *What technology will teacher and students need for the lesson?*

None.

Background and Preparation- *Description of information (science content, use of materials, etc.) teacher and/or students will need to know prior to this lesson; list steps for any preparation prior to the lesson*

Basic understanding of effects of breathing techniques and ability to discuss these effects with students.

Procedures and Activities

Step-by-step description of lesson that would allow another teacher to successfully complete the lesson (suggest possible reflection or comprehension questions along with examples of correct answers or common misconceptions)

Engagement

- What are some situations when you feel nervous or scared?
- What does that feel like in your body?
- Discuss heart rate
- What can we do to calm yourself down when you feel nervous?
- Draw an upside down triangle on a piece of paper (for younger grades/students who would like to draw triangle)

Main activity

- Script attached at bottom

Wrap up and Reflection

- How did this exercise make you feel?
- What did you notice about your heart rate?
- How did you imagine the triangle? (different perspectives)
- What situations could you use this in?

Final product/Summative evaluation

- Explain this activity to a friend

Attachments- *Any materials for the lesson such as video links, worksheets, etc., listed here*

Triangle Breathing

1. I invite you to find a comfortable position with your back straight, shoulders relaxed. Feet flat on the floor. Rest your hands in your lap.
2. Bring awareness to your breath. Notice how the breath comes in through your nose and mouth, and then as you breath out, it's released from your nose and mouth.
3. Start to slow down your breathing.
4. We're going to play with some triangle breathing.
 - For students without triangle drawing: Imagine an upside down triangle.
 - For students with triangle drawing: Look at the drawing of the triangle in front of you. Place your finger on the bottom point.
5. As we inhale next, count up to 3 imagining/tracing with your finger that with each count you go up one side of the triangle.
6. Now, let's hold our breath for 3 counts as you imagine/trace going through the base of the top of the triangle.
7. Next, we're going to exhale counting up to 3 imagining/tracing that with each count you go down the other side of the triangle.
8. *Repeat this cycle three more times.*
9. If your body is feeling wiggly or your mind is going all over, think about how your breath is moving across the triangle.