"I Am Calm" Breathing

Recommended for Grades:

6-12th grade

Practice Description: This breathing practice can be used to calm strong emotions. By making our exhale twice as long as our inhale, our body signals its nervous system to go into a more relaxed state where we can make more intentional choices regarding our behaviors. This exercise would be useful after an upsetting event such as an argument or fire drill.

Transcript:

Welcome to the "I Am Calm" breathing exercise.

The "I Am Calm" breath is an extra-long exhale to help you calm your body and mind. It allows you to access your best thinking.

- *Pause for 2 seconds*

Let's start by getting into a mindful position, on the floor or in your chair. Sit with a long, strong back and allow your hands to rest in your lap.

- *Pause for 2 seconds*

Try softening your eyes and turning your gaze downward toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 2 seconds*

If you would like, place a hand over your heart or your belly as a reminder that you are bringing a kind and gentle attention to your breath and to yourself.

- *Pause for 5 seconds*

Now, as you breathe in slowly, think "I am" for the whole inhale.

As you slowly breathe out, think "Calm, 2, 3, 4", allowing the words to last the whole exhale.

The exhale should last twice as long as the inhale.

Continue breathing on your own, thinking "I …am" on the inhale and "Calm… 2… 3… 4," on the exhale.

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- *Pause for 10 seconds*

As you think these words, notice changes in your emotions….

- *Pause for 5 seconds*

Your thoughts…

- *Pause for 5 seconds*

And how your body feels…

- *Pause for 10 seconds*
- *Chime sound*

When you are ready, open your eyes and bring your attention back to the room around you.

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