

TAKE A BREATH

Deep breathing exercises can help to alleviate the stress of administering and taking tests. Use this script to lead your students in a 3-minute deep belly breathing exercise:

- 1** Please sit comfortably in your chair. Sit tall so the air can fill your lungs. Rest your hands wherever they are comfortable.
- 2** I invite you to close your eyes and relax your body. Let yourself relax and become mindful of your body and your breath. Relax any areas that feel uptight or tense. Just relax and breathe.
- 3** Take slow, deep breaths in and out. Place your hands on your belly to feel the air moving in and out as you breathe. Notice where you feel tension in your body and try to relax as you breathe out.

[Allow students to breathe silently for 30-45 seconds before giving further instructions]

- 4** If your mind starts to wander, that's okay. Just focus your attention back on your breath and feeling your stomach rise and fall as you breathe in and out. Feel the tension melt away as you breathe out.

[Allow students to breathe silently for an additional 45-90 seconds]

- 5** When you are ready, slowly open your eyes and keep breathing calmly and silently.
- 6** Repeat the breathing exercise throughout the day to reduce the effects of stress and prime the brain for learning.

Resources to Help Reduce Stress

Websites: [Calm.com](https://www.calm.com) | [GoNoodle.com](https://www.gonoodle.com) | Your EAP website

Apps: [Insight Timer](#) | [Calm](#) | [Stop, Breathe and Think](#) | [Headspace](#) | [SleepTime](#)

References:

<https://healthiertexassummit.com/wp-content/uploads/2017/11/Stephanie-Kellam.pdf>

<https://themindfulclassroom.wordpress.com/category/deep-breathing/>

www.itstimetexas.org



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