SENSORY solutions™

BREATHING anchor charts



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tips for use

ASCA standards:
- M 1
- B-SMS 2
- B-SMS 7

Use these anchor charts to incorporate regulating breathing exercises into classroom routines.

Print and hang the chart that most appeals to your students. You could also keep a copy in your calming corner.

Be sure students can reach the chart, so they can trace it with their finger as they perform the exercise.

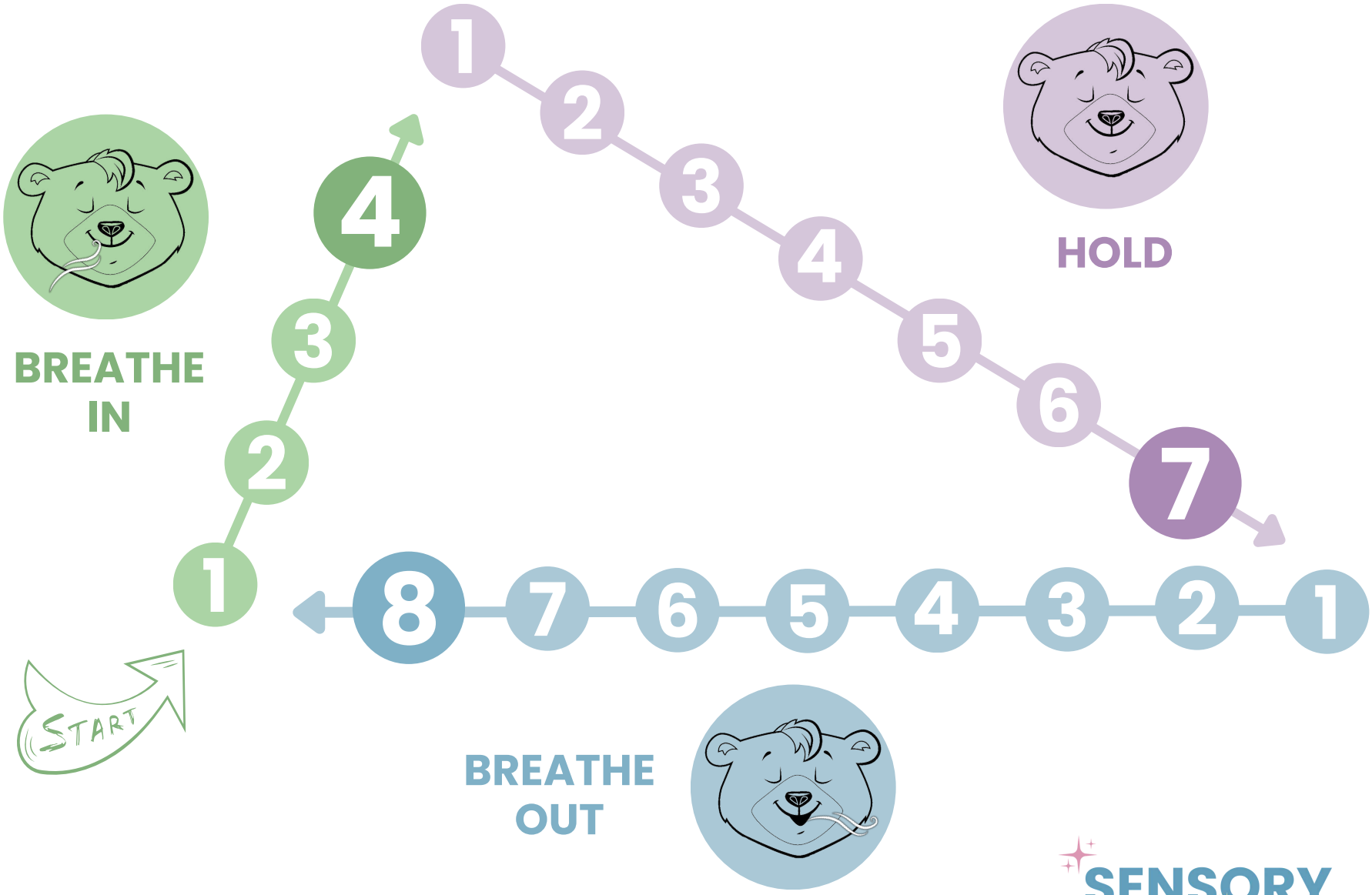
Practice together, breathing in through the nose and out through the mouth.

Try ending with one more big, deep breath in and a long breath out. It's like a hug for the Upstairs Brain!

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4-7-8 Breathing



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SENSORY solutions™ with BraveBrains

Box Breathing

START

Breathe In for 4



Hold for 4

Hold for 4

Breathe Out for 4

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