

Scientific Research and Education Network (SciREN) 2023 Lesson Plan

General Lesson Information

Title: [Triangle Breathing: Breathing into a happier and 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.): Flexible

[Whole class participates in the mindfulness exercise as read aloud by the instructor](#)

[Small group discussion](#)

[Whole class discussion.](#)

Intended group size (if groups are used): [3-5](#)

Intended grade level(s): [6-8](#)

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

[20 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

HE19.6.1.1-Describe the interrelationship between social and emotional health in adolescence.

HE19.6.6.2a-List activities that can improve physical and mental health.

HE19.7.1.1-Summarize the interrelationship of emotional, social, and physical health.

HE19.7.7.2-Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

HE19.8.1.1-Explain how emotional, intellectual, physical, spiritual, mental, and social health affect each other.

HE19.8.7.2-Document healthy practices and behaviors that will improve the health of self and others.

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*

None.

Preparation Information

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

20 minutes.

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

None.

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*

None.

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

- It's really important that we have ways to calm ourselves down or ground ourselves
- Are there ever times where you feel yourself getting anxious or scared? What happens to your body? What happens to your heart? What situations make you feel like that?
- *Optional activity: jumping jacks for 30 seconds, then have students find their pulse and count their heart rate for 10 seconds. Write this down.*

Main activity

- Triangle breathing script attached

Wrap up and Reflection

- How did your body – like your heart – feel after this exercise?
- Head down/hand up poll of if students felt calmer after intervention
- *Optional activity: Have students find their pulse and count their heart rate for 10 seconds. Was their heart rate lower or higher? By how much?*
- What are some situations you could use this exercise in?

Final product/Summative evaluation

- This is an awesome exercise to use because you don't need anything for it! If you like, you can try it the next time you feel anxious, scared, or stressed.
- Share this activity with friends and family! We all feel anxious or scared sometimes, and that's okay. Those feelings can manifest in physiologically in our heart rate, and there are techniques that we can use like breathing to help manage how those feelings manifest in the body.

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

Triangle Breathing

1. 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 it's natural rhythm. Might be first time you've had a chance to pause today. Let your thoughts float on by, letting your breath ground your present attention.
3. Start to deepen your breath.
4. We're going to play with some triangle breathing. Imagine an inverted triangle with the horizontal base on the upper end.
5. As you inhale, count up to 4 imagining that with each count you go up one side of the triangle.
6. Hold your breath for 4 counts as you imagine going through the base of the top of the inverted triangle.
7. Exhale counting up to 4 imagining that with each count you go down the other side of the triangle.
8. Repeat this cycle on your own.
9. If you feel your mind wandering, gently let those thoughts go, and bring your attention back to your breath and it's movement through your triangle.
10. Bring your awareness back.