

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

I Can Handle It... I Got It (🧠 A Social Health Story) (4th Grade – 9-10 yrs.) Video: Take it Easy, Breathe, and Relax



STORY CONNECTION – SLIDE 11 (Approx Time: 10-15 mins)

If you are again feeling like you are in “over your head,” there are other ways to cope. Take a deep breath and blow it out. Close your eyes and think of something that makes you happy. Think about your project and how much fun you had doing it and think about being able to share it with your class. Sharing what you learned while doing your project will help them and helping other people is a good thing to do. Practice your presentation. The more comfortable you feel with your presentation, the easier it will be to present it in front of people. Be prepared for this situation and talk to others about ways to cope when you must talk in front of people. Asking for help is always a good idea and this is why we have support systems. You want to be able to say, “I can handle it...I got it.”

Materials needed:

- 3 Minutes Mindfulness: Body Relaxation for Classrooms Video:
 - <https://www.youtube.com/watch?v=ap6S-Yc4ans> (3:24)
- Be Like Benji Video:
 - <https://thekidshouldseethis.com/post/be-like-benji-rose-mishler> (1:40)
- Learn To Bring Down Stress | Guided Meditation for Kids | Breathing Exercises | GoNoodle Video:
 - https://www.youtube.com/watch?v=bRkILioT_NA (3:27)
- Equipment to show online videos
- Chart paper
- Markers

Preparation needed:

- Preview each video above
- Determine the most appropriate video(s) for your student(s).
 - You can use more than one video.

Instructions:

1. This activity focuses on teaching student(s) some techniques for breathing and relaxing so they can cope with difficult situations, stay calm and, and continue with their day.
2. Have the student(s) find a place to sit, either in their chairs or on the floor.
3. Turn out the lights if desired.
4. Show the video and have the student(s) follow the directions.

NOTE: There might be some student(s) who are not comfortable participating. Allow them to watch the video without doing it. Most student(s) eventually want to do the actions or at least retain the information from the video. Forcing them to do it only causes them more stress and anxiety.

5. After the video(s) are over, brainstorm a list of things they learned and did that could help calm or relax them when they are in a challenging situation. Student(s) might say things like focus on their breathing, close their eyes, stretch, etc.
6. Write these on chart paper to hang up for future reference.
7. In closing, talk about how for many situations focusing on their body/breathing is going to help them get through the rough situation they are in. However, if these techniques are not enough, they know they have a support system that they can go to for additional help.