









Follow Directions/Breathe in-breathe out – rewrite for k4/k5

Sit comfortably with your feet on the floor, your head down, and your eyes closed. Take a long, deep, quiet breath and let it out quietly. (Repeat twice). Feel yourself relaxing more and more as you breathe silently in and out. Imagine breathing in warm sunshine and breathe out bad feelings. Imagine breathing in quiet and breathing out noise. Imagine breathing in sitting still and breathing out busy-ness. Think to yourself "I am calm and relaxed."

Keep breathing slowly and deeply and quietly. As you breathe in, think "I am" and as you breathe out, think "Special." (repeat once).

Think about something good about yourself. As you breathe in, think "I am" and as you breathe out, think "I am" and then think your good thing about yourself.

Now breathe in slowly and deeply and think "I am" and as you breathe out, think "A good listener".

Now breathe in slowly and deeply and think "I can" and as you breathe out, think "follow directions." (repeat)

Take a deep breath and think about where you are right now—sitting in your classroom. Take a long, deep, quiet breath and think about how good you feel when you are relaxed and calm. Enjoy how you feel at this moment. When you are ready, open your eyes.