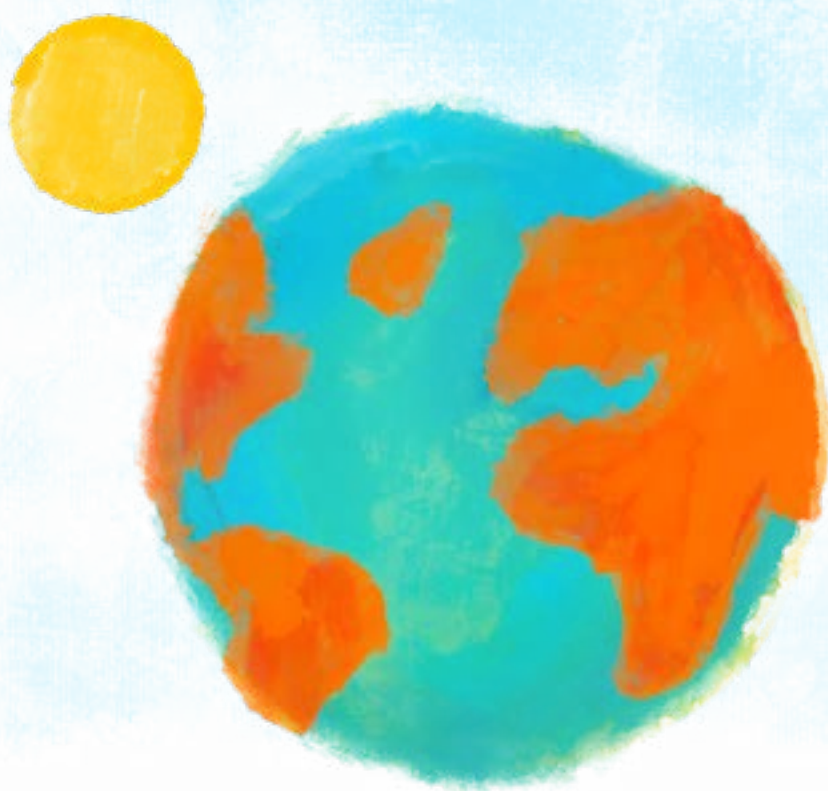


KEEP CALM & PRACTICE

calm classroom[®]



calmclassroom.com

To Our Calm Classroom Community,

We express our love and encouragement to you, your schools, students, and their families, during this unprecedented time of uncertainty.

The Calm Classroom mission is to empower children and adults alike with mindfulness-based techniques that support mental and emotional well-being. We recognize that there are events unfolding across the globe right now that we don't quite have control over. What we can control, or at least try to, is our individual and collective response. Though we may feel isolated, we can also feel united through caring for ourselves.

Inspired by our mission now, more than ever, and as a means to best support our school communities from afar, we are providing the following free e-resources to you and anyone you think might benefit from them - please do share with anyone you think might benefit.

- This Calm Classroom E-Book (scripted techniques & audio recordings for preschool-12th grade students and adults, Calm On the Spot techniques that can be practiced in just a few moments, and Adult Wellness Activities)
- Instagram content that is action-oriented, including real techniques and activities that you and your students can practice right now: [@calmclassroom](https://www.instagram.com/calmclassroom)
- Weekly blog posts containing mindfulness and self-care resources (books, apps, etc.)

We thank you for the incredible work that you do and we hope that we can help ease some of the stress and anxiety that we are all experiencing through providing these resources. We welcome additional ideas, thoughts and questions. Please feel free to email us at support@calmclassroom.com.

If nothing else, remember, you always have your breath to come back to. Close your eyes. Notice the air moving in and out of your body. We are grateful for this amazing community of leaders.

Love to All,
The Calm Classroom Team



How to Use this E-Book

The mindfulness-based techniques in this e-book are designed to help you practice breathing, stretching, focusing and relaxation skills for increased well-being and resilience.

These techniques work best when practiced on a regular basis, 2-3x per day and as-needed. We recommend practicing first thing in the morning, after lunch, and toward the end of the day.

Each scripted technique lasts about 3 minutes and is easy for youth and adults to lead. Click on the speaker icon on each page to listen to an audio recording.

TIPS FOR LEADING CALM CLASSROOM TECHNIQUES:

- Keep your tone soft and soothing, yet natural.
- Slow your pacing down. Read at about half your normal speaking pace, but be careful not to read too slow!
- Pause and take one full breath in between each line.
- Use your breath to create a natural pause. One full breath lasts about 5 seconds. If the script asks you to wait 10-20 seconds, take 3-5 breaths before moving on to the next line.
- You may choose to play soft instrumental music or nature sounds while leading the technique.

CALM ON THE SPOT TECHNIQUES

These shortened techniques remind us that we can practice Calm Classroom in any moment, anywhere.



Table of Contents

Click below to link directly to the page.

Techniques	5
Preschool English	6
Preschool Spanish	11
Kindergarten English	16
Kindergarten Spanish	21
1st - 5th Grade English	26
1st - 5th Grade Spanish	31
6th Grade - Adult English	36
6th Grade - Adult Spanish	41
Calm on the Spot	46
Wellness Activities	50
Three Good Things	50
Sending Kind Wishes	51
Mr. Rogers Video & Reflection	52



Techniques



Preschool English

BELLY BREATH



CLICK FOR AUDIO

Sit with your legs crossed.

Sit up as tall as you can.

Can I see everyone sitting up tall?

Now, put your hands on your belly.

Let's slowly breathe in.

Let's slowly breathe out.

Feel your belly go out and in.

Slowly breathe in again.

Slowly breathe out again.

Feel your belly go out and in.

Now, let's try belly breathing with our eyes closed.

Close your eyes.

Slowly breathe in.

Feel your belly go out.

Slowly breathe out.

Feel your belly go in.

Now, put your hands on your knees.

Slowly open your eyes.

Who felt their belly go out and in?



Preschool English

BIG HAPPY BREATH



CLICK FOR AUDIO

Sit with your legs crossed.

Put your hands on your knees.

Sit up as tall as you can.

Can I see everyone sitting up tall?

Let's reach our arms out to the sides.

Take a big happy breath in.

Breathe out and give yourself a nice hug.

Reach your arms out to the sides again.

Take a big happy breath in.

Breathe out and give yourself a gentle hug.

Now, let's try this with our eyes closed.

Close your eyes.

Reach your arms out to the sides.

Take a big happy breath in.

Breathe out and give yourself one last hug.

Now, think about all of the nice hugs you gave yourself.

Put your hands on your knees.

Take a big breath in.

Breathe out.

Slowly open your eyes.



Preschool English

SUNSHINE BREATHING (STANDING)



CLICK FOR AUDIO

Stand with your feet a little bit apart.

Stand up as tall as you can.

Can I see everyone standing up tall?

Take a big breath in.

Breathe out.

Reach your arms out to the sides and straight up to the sky in
the shape of a sun.

Take a big breath in.

Breathe out.

Bring your arms out to the sides and down slowly.

Now, let's try this with our eyes closed.

Close your eyes.

Reach your arms out to the sides and straight up to the sky in
the shape of a sun.

Take a big breath in.

Breathe out.

Bring your arms out to the sides and down slowly.

Slowly open your eyes.



Preschool English

SITTING PEACEFULLY



CLICK FOR AUDIO

Sit with your legs crossed.

Put your hands on your knees.

Sit up as tall as you can.

Can I see everyone sitting up tall?

We are going to practice sitting peacefully.

Sitting peacefully means your whole body is quiet and not moving.

Close your eyes.

Your eyes are quiet and peaceful.

Your head is quiet and peaceful.

Your shoulders are quiet and peaceful.

Your hands are quiet and peaceful.

Your belly is quiet and peaceful.

Your knees are quiet and peaceful.

Your feet are quiet and peaceful.

Let's practice sitting peacefully for 10 seconds.

10...9...8...7...6...5...4...3...2...1.

Now, take a big breath in.

Breathe out slowly and peacefully.

Slowly open your eyes.



Preschool English

STANDING MOUNTAIN



Stand with your feet a little bit apart.

Stand up tall like a mountain.

Can I see everyone standing up tall?

Reach your arms up to the sky.

Wiggle your fingers.

Make a point with your hands like a tall and pointy mountain.

Reach higher through the clouds and into the sky.

Close your eyes.

Reach even higher for five more seconds.

5...4...3...2...1.

Take a big breath in.

Breathe out and bring your arms down slowly.

Slowly open your eyes.



Preschool Spanish

RESPIRAR CON ESTÓMAGO

Sentarse con las piernas cruzadas.

Pararse tan alto como puedas.

¿Puedo ver a todos sentados muy derechos?

Ahora, pon tus manos en tu estómago.

Respira hacia adentro.

Respira hacia afuera.

Siente como tú estómago sube y baja.

Respira hacia adentro una vez más.

Respira hacia afuera una vez más.

Siente como tú estómago sube y baja.

Ahora, intentemos respirar con tus ojos cerrados.

Cierra tus ojos.

Despacio respira hacia adentro.

Siente tu estómago subir.

Despacio respira hacia afuera.

Siente tu estómago bajar.

Ahora, pon tus manos en tus rodillas.

Despacio abre tus ojos.

¿Quién sintió como subía y bajaba tu estómago?



Preschool Spanish

UN GRAN SUSPIRO FELIZ

Siéntate con tus piernas cruzadas.

Pon tus manos en tus rodillas.

Siéntate lo más derecho que puedas.

¿Puedo ver a todos sentados muy derechos?

Vamos a tocar nuestros brazos hacia los lados.

Toma un gran respiro feliz hacia adentro.

Respira hacia afuera y darte un buen abrazo.

Pon tus brazos hacia afuera nuevamente.

Toma un gran suspiro feliz hacia adentro.

Respira hacia afuera y abrázate suavemente.

Ahora, intentemos esto con los ojos cerrados.

Cierra tus ojos.

Pon tus brazos a tu lado.

Toma un gran suspiro feliz hacia adentro.

Respire hacia afuera y darte un abrazo final.

Ahora, piensa en todos los abrazos que te acabas de dar.

Pon tus manos en tus rodillas.

Respira hacia adentro.

Respira hacia afuera.

Lentamente abre tus ojos.



Preschool Spanish

RESPIRACIÓN BRILLANTE (PARADOS)

Párate con tus pies un poco aparte.

Párate tan alto como puedas.

¿Puedo ver a todos parados muy alto?

Respira hacia adentro.

Respira hacia afuera.

Pon tus brazos hacia afuera y estírate hacia el cielo en forma de un sol.

Respira hacia adentro.

Respira hacia afuera.

Pon tus brazos hacia los lados suavemente.

Ahora, intentemos esto con los ojos cerrados.

Cierra tus ojos.

Pon tus brazos hacia afuera y estírate hacia el cielo en forma de un sol.

Respira hacia adentro.

Respira hacia afuera.

Pon tus brazos hacia los lados suavemente.

Despacio abre tus ojos.



Preschool Spanish

SENTADOS EN PAZ

Siéntate con tus piernas cruzadas.

Pon tus manos en tus rodillas.

Sientate muy derecho.

¿Puedo ver a todos sentados muy derechos?

Vamos a practicar sentados en paz.

Sentados en paz es lo mismo que descansar todo tu cuerpo sin moverse.

Cierra tus ojos.

Tus ojos están quietos y en paz.

Tu cabeza esta quieta y en paz.

Tus hombros están quietos y en paz.

Tus manos están quietas y en paz.

Tu estómago está quieto y en paz.

Tus rodillas están quietas y en paz.

Tus pies están quietos y en paz.

Vamos a practicar sentarnos en paz por diez segundos.

Diez..nueve..ocho..siete..seis..cinco..cuatro..tres..dos..uno.

Ahora, toma un gran respiro hacia adentro.

Respira hacia afuera y en paz.

Despacio abre tus ojos.



Preschool Spanish

MONTAÑA PARADA

Párate con tus pies un poco separados.

Párate tan alto como una montaña.

¿Puedo ver a todos parados muy alto?

Alza tus brazos hacia el cielo.

Mueve tus dedos.

Pon tus manos juntas como el pico de una montaña.

Alcanza el cielo a través de las nubes.

Cierra tus ojos.

Alcanza más alto por cinco segundos más.

Cinco...cuatro...tres...dos...uno.

Respire hacia adentro.

Respira hacia afuera y baja tus brazos.

Despacio abre tus ojos.



Kindergarten English

SUN BREATHING



CLICK FOR AUDIO

We are going to practice sun breathing.

Stand up tall with your arms by your sides.

Stand with your feet together.

All the parts of your body are quiet and not moving.

Imagine that you are the strong, bright, sparkling sun in the sky.

You are going to make the shape of the sun with your arms.

Take a big breath in and slowly bring your arms out to the sides and straight up over your head.

Touch the palms of your hands together.

Breathe out and slowly bring your arms down by your sides.

Close your eyes.

Now, breathe in, bring your arms up and imagine bringing all the sunshine into your body.

Breathe out, bring your arms down and imagine sending your sunshine out into the world.

Breathe in arms up.

Breathe out arms down.

Now, stand up tall with your arms by your sides.

Think about how you feel. *Wait 5 seconds*

Slowly open your eyes



Kindergarten English

MAKE A WISH BREATH



CLICK FOR AUDIO

We are going to practice make a wish breath.

Sit with your legs crossed.

Get comfortable.

Place your hands on your knees.

Sit up tall so that your back is straight.

All the parts of your body are quiet and not moving.

Imagine that you are going to make a wish as you blow out a magic candle.

Take a moment to think about your wish.

You are going to blow out the candle by taking one big breath in and blowing out three times.

Take a big breath in and blow out three times whoooo, whoooo, whoooo.

Now, close your eyes and make another wish.

Breathe in.

Blow out three times whoooo, whoooo, whoooo.

One more time.

Breathe in.

Blow out three times whoooo, whoooo, whoooo.

Think about how you feel. *Wait 5 seconds*

Slowly open your eyes.



Kindergarten English

I AM CALM



CLICK FOR AUDIO

We are going to practice “I Am Calm.”

Sit with your legs crossed.

Get comfortable.

Place your hands on your knees.

Sit up tall so that your back is straight.

All the parts of your body are quiet and not moving.

Let’s say the words, “I am calm” quietly together three times.

“I am calm.”

“I am calm.”

“I am calm.”

Now, breathe in and think about the words “I am.”

Breathe out and think about the word “calm.”

Breathe in and think about the words “I am.”

Breathe out and think about the word “calm.”

Now, let’s try this with our eyes closed.

Breathe in, “I am.” Breathe out, “calm.”

Breathe in, “I am.” Breathe out, “calm.”

Now, take a big breath in and breathe out slowly.

Think about how you feel. *Wait 5 seconds*

Slowly open your eyes.



Kindergarten English

PLEASE RELAX (SEATED)

 [CLICK FOR AUDIO](#)

We are going to practice “please relax.”

We are going to relax each part of our body.

Sit up tall so that your back is straight.

All the parts of your body are quiet and not moving.

Close your eyes.

Breathe in slowly.

Breathe out slowly.

Place both hands on your head.

Quietly whisper, “head please relax.”

Place both hands on your shoulders.

Quietly whisper, “shoulders please relax.”

Place both hands on your belly.

Feel your belly move gently up and down as you breathe in and out.

Quietly whisper, “belly please relax.”

Place both hands on your legs.

Quietly whisper, “legs please relax.”

Now, relax your hands on your lap.

Slowly wiggle your fingers.

Stop moving your fingers.

Quietly whisper, “fingers please relax.”

Slowly wiggle your toes in your shoes.

Stop moving your toes.

Quietly whisper, “toes please relax.”



Kindergarten English

STANDING MOUNTAIN



CLICK FOR AUDIO

We are going to practice standing mountain.

Stand up tall with your arms by your sides.

Stand with your feet together.

All the parts of your body are quiet and not moving.

Imagine that you are a tall mountain.

Mountains do not make any sounds and do not move.

A mountain is connected to the Earth and reaches all the way up into the sky.

Your legs and feet are the bottom part of the mountain, connecting to the Earth.

From your waist to the top of your head is the top part of the mountain.

Now, reach your arms all the way up to the sky through the clouds.

Close your eyes.

Imagine what you might see from the top of your tall mountain.

You might see the sun, birds flying by, an airplane or a rainbow.

Wait 10 Seconds

Now, slowly lower your arms down and rest your hands by your sides.

Take a big breath in and breathe out slowly.

Think about how you feel. *Wait 5 seconds*

Slowly open your eyes.



Kindergarten Spanish

RESPIRACIÓN BRILLANTE

Vamos a practicar respiración brillante.

Párate muy derecho con tu brazos a los lados.

Párate con tus pies juntos.

Todo tu cuerpo esta callado sin moverse.

Imagínate que tú eres un sol fuerte, brillante y chispeante en el cielo.

Vas hacer la forma de un sol con tus brazos.

Respira hacia adentro y lentamente pon tus brazos hacia fuera y arriba de tu cabeza.

Pon las palmas de tus manos juntas.

Respira hacia afuera y lentamente baja tus brazos hacia los lados.

Cierra tus ojos.

Ahora, respira hacia adentro, sube tus brazos e imagínate que toda la luz del sol entra en tu cuerpo.

Respire hacia afuera, baja tus brazos e imagínate que mandas toda la luz del Sol hacia todo el mundo.

Respira hacia adentro con tus brazos arriba.

Respira hacia afuera con tus brazos abajo.

Ahora, párate muy derecho con tus brazos en los lados.

Piensa como te sientes. *Espera cinco segundos*

Despacio abre tus ojos.



Kindergarten Spanish

RESPIRACIÓN DE PEDIR UN DESEO

Vamos a practicar respiración de pedir un deseo.

Siéntate con tus piernas cruzadas.

Ponte cómodo.

Pon tus manos en tus rodillas.

Siéntate con tu espalda muy derecha.

Todo tu cuerpo está quieto y sin moverse.

Imagínate que vas a pedir un deseo y soplas una vela mágica.

Toma un momento para pensar en un deseo.

Vas a soplar la vela soplando fuertemente tres veces.

Respira hacia adentro y sopla tres veces whoooo, whoooo, whoooo.

Ahora, Cierra tus ojos y pide otro deseo.

Respira hacia adentro.

Sopla tres veces whoooo, whoooo, whoooo.

Una vez más.

Respira hacia adentro.

Sopla tres veces whoooo, whoooo, whoooo.

Piensa como te sientes. *Espera cinco segundos*

Despacio abre tus ojos



Kindergarten Spanish

ESTOY EN CALMA

Vamos a practicar “Estoy En Calma.”

Siéntate con tus piernas cruzadas.

Ponte comodo.

Pon tus manos en tus rodillas.

Siéntate con la espalda muy derecha.

Todo tu cuerpo está quieto y sin moverse.

Todos juntos, vamos a decir esta frase, “Estoy en Calma.”

“Estoy en Calma.”

“Estoy en Calma.”

“Estoy en Calma.”

Ahora, respira hacia adentro y piensa en las palabras “Estoy en.”

Respira hacia afuera y piensa en la palabra “calma.”

Respira hacia adentro y piensa en las palabras “Estoy en.”

Respira hacia afuera y piensa en la palabra “calma.”

Ahora, intentemos decirlo con los ojos cerrados.

Respira hacia adentro, “Estoy en”

Respira hacia fuera, “calma.”

Respira hacia adentro, “Estoy en.”

Respira hacia afuera, “calma.”

Ahora, despacio respira hacia adentro y hacia afuera.

Piensa como te sientes. *Espera cinco segundos*

Despacio abre tus ojos.



Kindergarten Spanish

POR FAVOR RELÁJATE (SENTADO)

Vamos a practicar “por favor relájate.”
Vamos a relajar todo el cuerpo.
Siéntate con la espalda muy derecha.
Todo tu cuerpo está quieto y sin moverse.
Cierra tus ojos.
Despacio respire hacia adentro.
Despacio respira hacia afuera.
Pon tus dos manos en tu cabeza.
En silencio dices, “cabeza por favor relájate.”
Pon tus dos manos en tus hombros.
En silencio dices, “hombros por favor relájense.”
Pon tus dos manos en tu estómago.
Siente como tu estómago sube y baja suavemente cuando respiras hacia adentro y hacia afuera.
En silencio dices, “estómago por favor relájate.”
Pon tus dos manos en tus piernas.
En silencio dices, “piernas por favor relájense.”
Ahora, relaja tus manos en tus piernas.
Despacio mueve tus dedos.
Para de mover tus dedos.
En silencio dices, “dedos por favor relájense.”
Despacio mueve los dedos de tus pies con tus zapatos.
Para de mover los dedos de los pies.
En silencio dices, “dedos de los pies relájense.”



Kindergarten Spanish

MONTAÑA PARADA

Vamos a practicar montana parada.

Párate muy derecho con tus brazos a los lados.

Párate con tus pies juntos.

Todo tu cuerpo está en calma y sin moverse.

Imagínate que tú eres una montaña alta.

Las montañas no hacen sonidos ni tampoco se mueven.

Una montaña está conectada a la tierra y llega hasta el cielo.

Tus piernas y pies están abajo conectados a la tierra como una montaña.

De tu cintura a tu cabeza son la parte alta de la montaña.

Ahora, sube tus brazos hasta el cielo atreves de las nubes.

Cierra tus ojos.

Imagínate que tú puedes ver desde la punta de tu montana alta.

Tal vez puedes ver el sol, pájaros volando, un avión o un arcoíris.

Espera 10 segundos

Ahora, despacio baja tus brazos y pon tus manos a los lados.

Despacio respira hacia afuera y hacia adentro.

Piensa como te sientes. *Espera 5 segundos*

Despacio abre tus ojos.



Grades 1-5 English

SHAKE AND RELAX

 [CLICK FOR AUDIO](#)

We are going to practice “Shake and Relax.”

Stand up straight and comfortably.

Feel your feet flat on the floor.

Rest your arms by your sides.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 Seconds*

Start shaking your right hand and arm.

Watch your hand and arm shaking.

Now, close your eyes and feel your hand and arm shaking.

Keep your eyes closed, and shake your left hand and arm.

Shake both arms.

Shake your shoulders.

Shake your right leg.

Shake your left leg.

Carefully shake your head.

Now, shake your whole body.

Shake even more! *Wait 10 Seconds*

Now, stop shaking!

Rest your arms by your sides and hold your body still.

Keep your eyes closed.

Feel the energy in your arms.

Feel the energy in your hands and fingers.

Notice the energy in your whole body.

Feel the air moving in and out of your nose. *Wait 20-30 Seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 Seconds*

Slowly open your eyes.



Grades 1-5 English

QUICK TENSE AND RELEASE



CLICK FOR AUDIO

We are going to practice “Quick Tense and Release.”
Sit up straight and comfortably in your chair.
Rest your hands on your desk or in your lap.
Close your eyes.
Feel your feet flat on the floor.
Relax your shoulders back and down.
Let your whole body be still.
Feel the air moving in and out of your nose. *Wait 10 Seconds*
Lift and straighten your legs out in front of you.
Lift and straighten your arms out in front of you.
Tighten your feet and legs.
Make fists and tighten your hands and arms.
Take a deep breath in and tighten your legs and arms even more.
Now, exhale through your mouth and drop your legs and arms.
Relax your whole body.
Lift and straighten your legs out in front of you.
Lift and straighten your arms out in front of you.
Tighten your feet and legs.
Make fists and tighten your hands and arms.
Take a deep breath in and tighten your legs and arms even more.
Now, exhale through your mouth and drop your legs and arms.
Relax your whole body.
Lift and straighten your legs out in front of you.
Lift and straighten your arms out in front of you.
Tighten your feet and legs.
Make fists and tighten your hands and arms.
Take a deep breath in and tighten your legs and arms even more.
Now, exhale through your mouth and drop your legs and arms.
Relax your whole body.
Feel the air moving in and out of your nose. *Wait 20-30 Seconds*
Now, take a deep breath in, hold and exhale slowly.
Notice how you feel. *Wait 10 Seconds*
Slowly open your eyes.



Grades 1-5 English

BUTTERFLY BREATHING



We are going to practice “Butterfly Breathing.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 seconds*

Interlace your fingers and hands and place them under your chin.

Breathe in through your nose and lift your elbows up and out to the sides. Breathe out through your nose and lower your elbows down toward each other.

Breathe in, lift your elbows up, breathe out, lower your elbows down.

Breathe in, elbows up, breathe out, elbows down.

Breathe in, up, breathe out, down.

Breathe in, up, breathe out, down.

Slowly lower your hands to rest on your desk or in your lap.

Feel the air moving in and out of your nose. *Wait 20-30 Seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



Grades 1-5 English

HAAA BREATHING



We are going to practice “Haaaa Breathing.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 seconds*

Remember, when you breathe out through your mouth you will make a “haaaa” sound.

Now, take a deep breath in through your nose. Hold.

Breathe out slowly, “haaaa.”

Take a deep breath in through your nose. Hold.

Breathe out slowly, “haaaa.”

Take a deep breath in through your nose. Hold.

Breathe out slowly, “haaaa.”

Now, breathe normally and relax.

Feel the air moving in and out of your nose. *Wait 20-30 Seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



Grades 1-5 English

MUSIC SCRIBBLE

 [CLICK FOR AUDIO](#)

We are going to practice “Music Scribble.”

Place a sheet of paper and a pen or pencil on your desk.

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving gently in and out of your nose. *Wait 10 seconds*

Pick up your pen or pencil.

Close your eyes. *Play Music*

Listen to the music without moving your body. *Wait 10 seconds*

Now, begin to scribble to the music.

Keep your attention focused on the sound of the music and the feeling of your hand moving on the paper.

Keep your eyes closed and slowly place your pen or pencil on your desk.

Rest your hands on your desk or in your lap.

Feel the air moving in and out of your nose. *Wait 20-30 Seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.

Tip: Play instrumental music or nature sounds for this practice



Grades 1-5 Spanish

MOVER Y RELAJAR



CLICK FOR AUDIO

Vamos a practicar “Mover y Relajar.”

Siéntate derecho y cómodo en tu silla.

Siente los pies apoyados en el suelo.

Descansa los brazos a los costados del cuerpo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Empieza a sacudir la mano y el brazo derecho.

Mira la mano y el brazo moviéndose.

Ahora, cierra los ojos y siente la mano y el brazo moviéndose.

Mantén los ojos cerrados, y sacude la mano y el brazo izquierdos.

Mueve los dos brazos.

Mueve los hombros.

Mueve la pierna derecha.

Mueve la pierna izquierda.

Cuidadosamente, mueve la cabeza.

Ahora, mueve todo el cuerpo.

¡Muévete más! *Espera 10 segundos*

¡Ahora, deja de moverte!

Descansa los brazos a los costados de tu cuerpo y mantén tu cuerpo quieto.

Mantén los ojos cerrados.

Siente la energía en tus brazos.

Siente la energía en las manos y dedos.

Nota la energía en todo tu cuerpo.

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



Grades 1-5 Spanish

TENSAR Y RELAJAR

 CLICK FOR AUDIO

Vamos a practicar “Tensar y Relajar.”
Siéntate derecho y cómodo en tu silla.
Descansa las manos en tu escritorio o sobre tus piernas.
Cierra los ojos.
Siente los pies apoyados en el suelo.
Relaja los hombros hacia atrás y hacia abajo.
Deja todo tu cuerpo quieto.
Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*
Levanta y estira las piernas hacia adelante.
Levanta y estira los brazos hacia adelante.
Tensa los pies y las piernas.
Haz puños y tensa las manos y los brazos.
Inhala profundamente y aprieta aún más las piernas y los brazos.
Ahora, exhala por la boca y deja caer las piernas y los brazos.
Relaja todo el cuerpo.
Levanta y estira las piernas hacia adelante.
Levanta y estira los brazos hacia adelante.
Tensa los pies y las piernas.
Haz puños y tensa las manos y los brazos.
Inhala profundamente y aprieta aún más las piernas y los brazos.
Ahora, exhala por la boca y deja caer las piernas y los brazos.
Relaja todo el cuerpo.
Levanta y estira las piernas hacia adelante.
Levanta y estira los brazos hacia adelante.
Tensa los pies y las piernas.
Haz puños y tensa las manos y los brazos.
Inhala profundamente y aprieta aún más las piernas y los brazos.
Ahora, exhala por la boca y deja caer las piernas y los brazos.
Relaja todo tu cuerpo.
Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*
Ahora, inhala profundamente, espera y exhala lentamente.
Nota cómo te sientes. *Espera 10 segundos*
Abre los ojos lentamente.



Grades 1-5 Spanish

RESPIRACIÓN DE LA MARIPOSA



CLICK FOR AUDIO

Vamos a practicar la “Respiración de la Mariposa.”

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Entrelaza los dedos y coloca las manos debajo de tu barbilla.

Inhala por la nariz y levanta los codos hacia arriba y lo más hacia atrás que puedas. Exhala por la nariz y baja los codos hacia adentro tratando de juntarlos, pero sin despegar las manos de tu barbilla.

Inhala, levanta los codos hacia arriba, exhala, baja los codos hacia abajo.

Inhala, codos hacia arriba, exhala, codos hacia abajo.

Inhala, arriba, exhala, abajo.

Inhala, arriba, exhala, abajo.

Lentamente baja las manos y apóyalas en tu escritorio o sobre tus piernas.

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



Grades 1-5 Spanish

RESPIRACIÓN HAAAA



Vamos a practicar la “Respiración Haaaa.”
Siéntate derecho y cómodo en tu silla.
Descansa las manos en tu escritorio o sobre tus piernas.
Cierra los ojos.
Siente los pies apoyados en el suelo.
Relaja los hombros hacia atrás y hacia abajo.
Deja todo tu cuerpo quieto.
Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*
Recuerda, cuando exhales por la boca harás el sonido “haaaa”.
Ahora, respira profundamente por la nariz. Espera.
Exhala lentamente, “haaaa.”
Respira profundamente por la nariz. Espera.
Exhala lentamente, “haaaa.”
Respira profundamente por la nariz. Espera.
Exhala lentamente, “haaaa.”
Ahora, respira normalmente y relájate.
Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*
Ahora, inhala profundamente, espera y exhala lentamente.
Nota cómo te sientes. *Espera 10 segundos*
Abre los ojos lentamente.



Grades 1-5 Spanish

GARABATOS CON MÚSICA



CLICK FOR AUDIO

Vamos a practicar “Garabatos con Música.”

Coloca una hoja de papel y un bolígrafo o un lápiz en tu escritorio.

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Toma el bolígrafo o lapiz.

Cierra los ojos. *La música deja de sonar*

Escucha la música sin mover el cuerpo. *Espera 10 segundos*

Ahora, empieza a garbatear al ritmo de la música.

Mantén tu atención enfocada en el sonido de la música y en la sensación de tu mano moviéndose sobre el papel. *La música deja de sonar*

Mantén tus ojos cerrados y lentamente coloca el bolígrafo o lapiz sobre tu escritorio.

Descansa las manos en tu escritorio o sobre tus piernas.

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



6th Grade - Adult English

BODY SCAN

 [CLICK FOR AUDIO](#)

We are going to practice “Body Scan.”

Rest your head on your desk or sit up straight and comfortably in your chair.

Close your eyes.

Feel your feet flat on the floor.

Feel the air moving in and out of your nose. *Wait 10 seconds*

If you notice any thoughts passing through your mind, let them float away.

Without moving them, feel and relax your feet.

Bring your attention to your legs. Relax your legs.

Move your attention to your belly. Relax your belly.

Notice your lower back. Relax your lower back.

Bring your attention to your shoulders. Relax your shoulders.

Feel your arms, hands, and fingers relaxing.

Feel your jaw, eyes, and forehead relaxing.

Notice your whole body.

Let your whole body relax. *Wait 20 - 30 seconds*

Now, slowly wiggle your toes.

Slowly wiggle your fingers.

Keeping your eyes closed, gently sit up straight and comfortably in your chair.

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



6th Grade - Adult English

FEELING THE BREATH

 [CLICK FOR AUDIO](#)

We are going to practice “Feeling the Breath.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Breathe normally and relax.

As you breathe in through your nose, notice the feeling of the air moving in.

As you breathe out through your nose, notice the feeling of the air moving out. *Wait 10 seconds*

If you become aware of any thoughts passing through your mind, let them float away and bring your attention back to the feeling of your breath.

Wait 20 - 30 seconds

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



6th Grade - Adult English

LISTENING TO SOUNDS & SILENCE

 [CLICK FOR AUDIO](#)

We are going to practice “Listening to Sound and Silence.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving gently in and out of your nose.

Wait 10 seconds

As you become aware of sound in the room, listen to it without moving your body. *Wait 10 seconds*

As you become aware of silence in the room, listen to it without moving your body. *Wait 10 seconds*

If you notice any thoughts passing through your mind, let them float away and bring your attention back to the sound and silence.

Wait 20 - 30 seconds

Feel the air moving in and out of your nose.

Wait 20 - 30 seconds

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



6th Grade - Adult English

SQUARE BREATHING

 [CLICK FOR AUDIO](#)

We are going to practice “Square Breathing.”

This technique has four parts. You will breathe in, hold, exhale, and hold again. To help guide your breathing pattern, I will repeat the phrase, “Inhale, one, two, three, four. Hold, one, two, three, four. Exhale, one, two, three, four. Hold, one, two, three, four.”

Technique Start:

We are going to practice “Square Breathing.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 seconds*

Begin by exhaling the air gently out of your lungs.

Now, inhale, 1...2...3...4 Hold, 1...2...3...4 Exhale, 1...2...3...4 Hold, 1...2...3...4

Inhale, 1...2...3...4 Hold, 1...2...3...4 Exhale, 1...2...3...4 Hold, 1...2...3...4

Inhale, 1...2...3...4 Hold, 1...2...3...4 Exhale, 1...2...3...4 Hold, 1...2...3...4

Inhale, 1...2...3...4 Hold, 1...2...3...4 Exhale, 1...2...3...4 Hold, 1...2...3...4

Now, breathe normally and relax.

Feel the air moving in and out of your nose. *Wait 20 - 30 seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



6th Grade - Adult English

ENTHUSIASTIC BREATHING

 [CLICK FOR AUDIO](#)

We are going to practice “Enthusiastic Breathing.”

Sit up straight and comfortably in your chair.

Rest your hands on your desk or in your lap.

Close your eyes.

Feel your feet flat on the floor.

Relax your shoulders back and down.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 seconds*

Now, reach your arms straight up and breathe in through your nose. Make fists, pull your elbows down and breathe out forcefully through your mouth.

Breathe in, reach up. Breathe out, pull down. Keep going.

Breathe in, breathe out.

Breathe in, breathe out.

Breathe in, breathe out.

Slowly lower your hands to rest on your desk or in your lap.

Feel the air moving in and out of your nose. *Wait 20 - 30 seconds*

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel. *Wait 10 seconds*

Slowly open your eyes.



6th Grade - Adult Spanish

ESCÁNER CORPORAL



CLICK FOR AUDIO

Vamos a practicar el “Escáner Corporal.”

Descansa la cabeza en tu escritorio o siéntate derecho y cómodo en tu silla.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Si notas algunos pensamientos pasando por tu mente, déjalos que se alejen flotando.

Sin moverlos, siente y relaja los pies.

Concentra tu atención en las piernas. Relaja las piernas.

Concentra tu atención en tu estómago. Relaja el estómago.

Nota la porción baja de tu espalda. Relaja la porción baja de tu espalda.

Concentra tu atención en los hombros. Relaja los hombros.

Siente los brazos, manos, y dedos relajándose.

Siente la mandíbula, ojos, y frente relajándose.

Recorre todo tu cuerpo.

Deja que todo el cuerpo se relaje. *Espera de 20 a 30 segundos*

Ahora, lentamente mueve los dedos de los pies.

Lentamente mueve los dedos de las manos.

Manteniendo los ojos cerrados, lentamente, siéntate derecho y cómodo en tu silla.

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



6th Grade - Adult Spanish

SINTIENDO LA RESPIRACIÓN

 CLICK FOR AUDIO

Vamos a practicar “Sintiendo la Respiración.”

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Respira normalmente y relájate.

Mientras inhalas por la nariz, nota la sensación del aire entrando. Mientras exhalas por la nariz,

nota la sensación del aire saliendo. *Espera 10 segundos*

Si notas algunos pensamientos pasando por tu mente, deja que floten alejándose y regresa tu

atención a la sensación de la respiración. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



6th Grade - Adult Spanish

ESCUCHANDO EL SONIDO Y EL SILENCIO

 CLICK FOR AUDIO

Vamos a practicar “Escuchando el Sonido y el Silencio.”

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Cuando percibas algún sonido del salón, escúchalo atentamente sin mover el cuerpo. *Espera 10 segundos*

Cuando percibas el silencio del salón, escúchalo atentamente sin mover el cuerpo. *Espera 10 segundos*

Si notas algunos pensamientos pasando por tu mente, deja que floten alejándose de tí y regresa tu atención al sonido y al silencio. *Espera de 20 a 30 segundos*

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



6th Grade - Adult Spanish

RESPIRACIÓN CUADRADA



CLICK FOR AUDIO

Vamos a practicar la “Respiración Cuadrada.”

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Comienza exhalando suavemente el aire que tengas en tus pulmones.

Ahora, inhala, 1...2...3...4 Espera, 1...2...3...4 Exhala, 1...2...3...4 Espera,
1...2...3...4

Inhala, 1...2...3...4 Espera, 1...2...3...4 Exhala, 1...2...3...4 Espera, 1...2...3...4

Inhala, 1...2...3...4 Espera, 1...2...3...4 Exhala, 1...2...3...4 Espera, 1...2...3...4

Inhala, 1...2...3...4 Espera, 1...2...3...4 Exhala, 1...2...3...4 Espera, 1...2...3...4

Ahora, respira normalmente y relájate.

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



6th Grade - Adult Spanish

RESPIRACIÓN ACTIVA

 CLICK FOR AUDIO

Vamos a practicar la “Respiración Activa.”

Siéntate derecho y cómodo en tu silla.

Descansa las manos en tu escritorio o sobre tus piernas.

Cierra los ojos.

Siente los pies apoyados en el suelo.

Relaja los hombros hacia atrás y hacia abajo.

Deja todo tu cuerpo quieto.

Siente el aire entrando y saliendo por la nariz. *Espera 10 segundos*

Ahora, estira los brazos derechos hacia arriba y respira por la nariz.

Haz puños, baja los codos hasta que tus manos lleguen a la altura de los hombros y exhala con fuerza por la boca.

Inhala, manos hacia arriba. Exhala, codos hacia abajo. Continúa.

Inhala, exahala.

Inhala, exahala.

Inhala, exahala.

Lentamente, pon las manos sobre tu escritorio o sobre tus piernas.

Siente el aire entrando y saliendo por la nariz. *Espera de 20 a 30 segundos*

Ahora, inhala profundamente, espera y exhala lentamente.

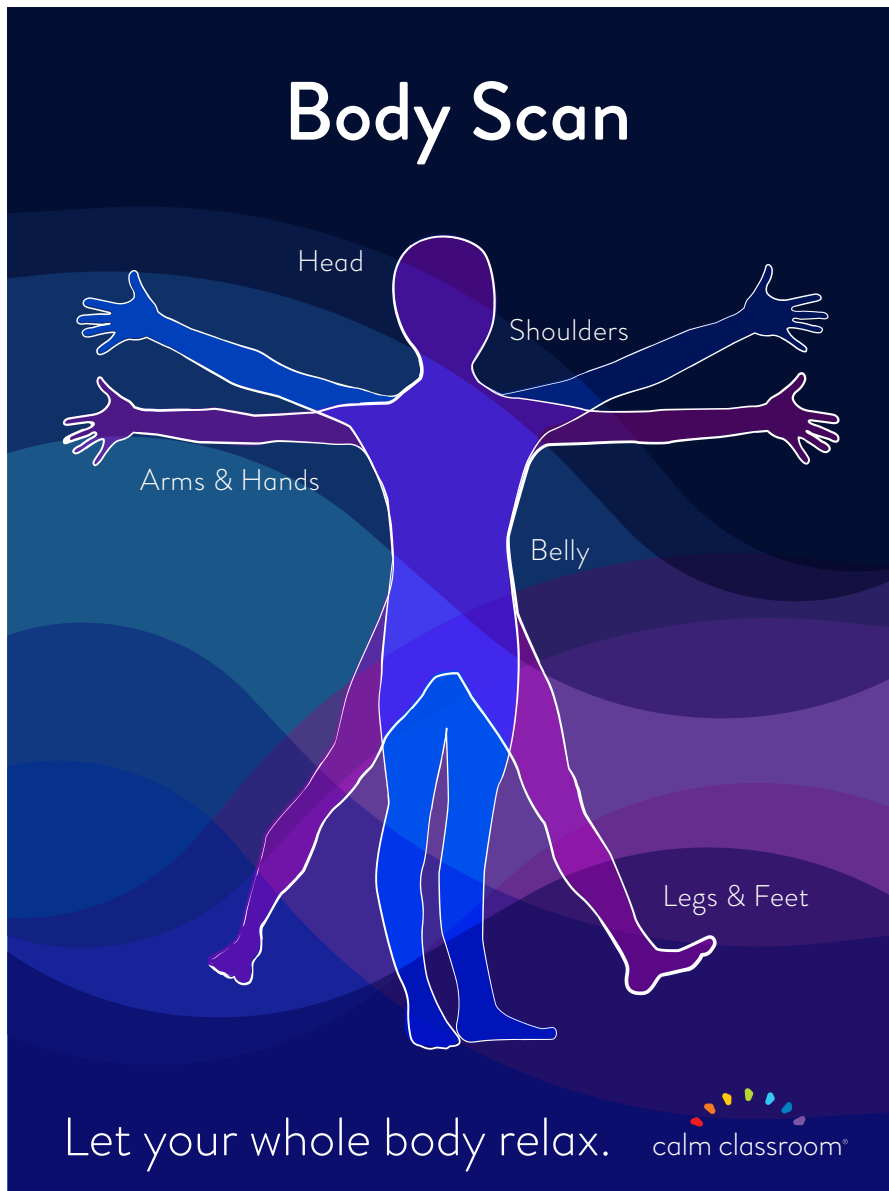
Nota cómo te sientes. *Espera 10 segundos*

Abre los ojos lentamente.



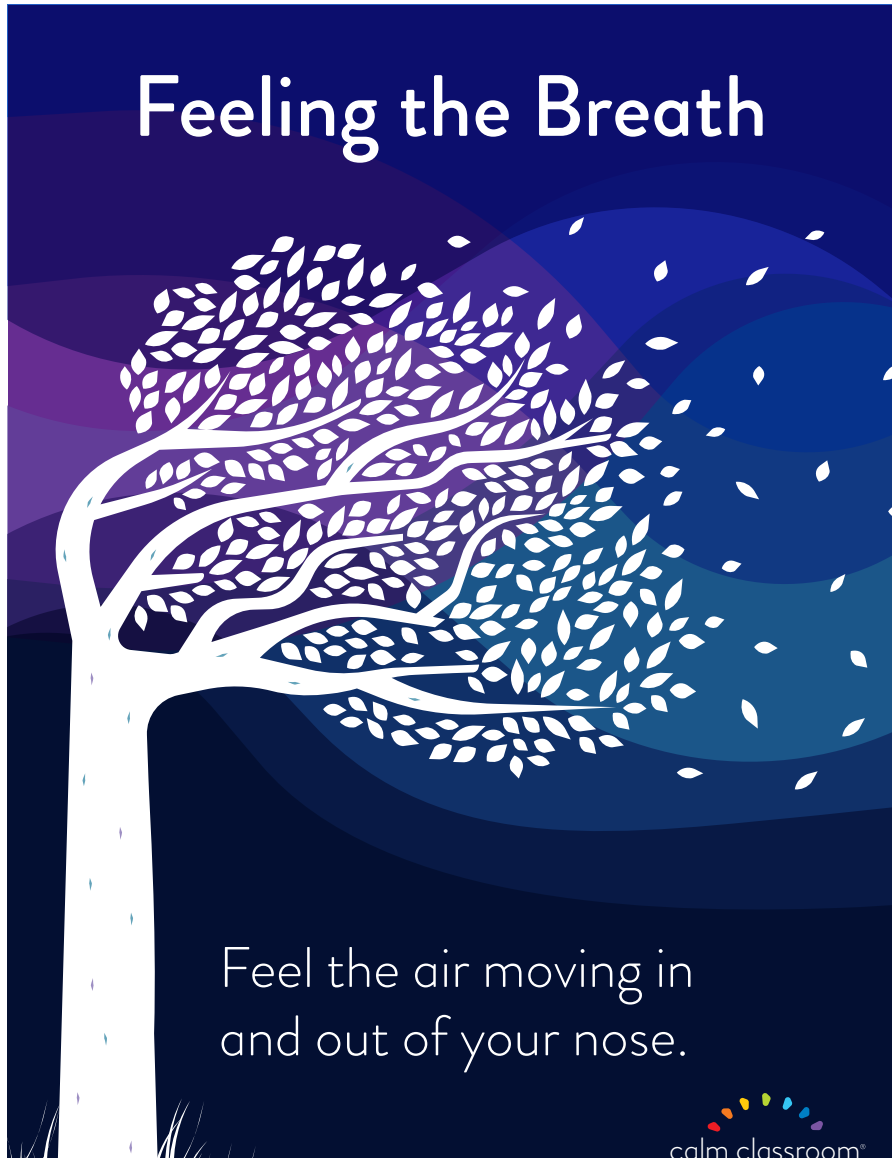
Calm on the Spot

Practice Body Scan on your own. Let your whole body relax.



Calm on the Spot

Practice Feeling the Breath on your own. Feel the air moving in and out of your nose.



Calm on the Spot

Practice Listening to Sound & Silence on your own.
Listen to sound. Listen to silence.



Calm on the Spot

Practice I am Calm on your own. Breathe in 'I'. Breathe out 'am calm'.



Wellness Activities

THREE GOOD THINGS JOURNAL

This exercise invites you to create space to focus on the positive, teaching you to notice, remember and savor the good things in life. In a 2005 study, this exercise was associated with increased happiness immediately afterward, as well as one week, one month, three months, and six months later. In the three spaces below, write down three things that went well for you sometime within the last week. For each thing, write about why you think it went well. As you write, follow these guidelines:

- Write down what happened including what you did or said, and if others were involved, what they did or said.
- Include how this event made you feel in the moment, and how you felt about it later.

1.

2.

3.



Wellness Activities

SENDING KIND WISHES PRACTICE & JOURNAL



CLICK FOR AUDIO

In this technique you will practice extending kindness toward a person in your life, and then toward yourself. When we extend kindness toward ourselves and others, we cultivate positive emotions such as joy, gratitude and compassion. Research indicates that this technique can also help us to feel more connected to others and reduce symptoms of burnout when practiced regularly.

We are going to practice Sending Kind Wishes.

Find a comfortable position for your body.

You may close your eyes or leave them open.

Let your whole body be still.

Feel the air moving in and out of your nose. *Wait 10 Seconds*

Become aware of sensations around your heart and chest area. *Wait 10 Seconds*

Allowing yourself to relax with each breath, bring to mind the image of a person you care about.

Imagine this person and see what feelings arise. *Wait 10 Seconds*

You may notice feelings of happiness, peacefulness, and love.

Now, practice sending kind wishes to this person by repeating the following phrases silently to yourself .

May you be happy *Wait 10-15 Seconds*

May you be safe *Wait 10-15 Seconds*

May you be healthy *Wait 10-15 Seconds*

May you be peaceful *Wait 10-15 Seconds*

Now shift your focus to yourself. With the same kindness you sent to this person, send these kind wishes silently to yourself.

May I be happy *Wait 10-15 Seconds*

May I be safe *Wait 10-15 Seconds*

May I be healthy *Wait 10-15 Seconds*

May I be peaceful *Wait 10-15 Seconds*

When you're ready, bring your attention back to the sensations in your heart for a few more breaths. *Wait 10-15 Seconds*

Now, take a deep breath in. Pause, and breath out slowly.

Notice how you feel.

Slowly open your eyes.



Wellness Activities

SENDING KIND WISHES JOURNAL

1. What physical sensations did you notice during the technique?
2. Did you notice any thoughts while practicing? What were they?
3. Are you aware of any changes in your emotions after practicing the technique? What shifted, if anything?
4. Was it easy or challenging to send kind wishes to yourself?
Why or why not?
5. Could you imagine sending kind wishes to a challenging person in your life? What might that be like?



Wellness Activities

WON'T YOU BE MY NEIGHBOR

When we take time to care for ourselves, we can be better neighbors to everyone in our community. Fred Rogers was a pioneer in the field of social-emotional learning whose timeless lessons about kindness and compassion are still relevant today. As you watch this clip from “Won’t You Be My Neighbor?,” consider someone who has inspired or helped you.

1. Before you watch the video, check in with yourself by journaling below. How are you feeling right now? You may describe emotions, thoughts or physical sensations.



WATCH “WON’T YOU BE MY NEIGHBOR”



Wellness Activities

Now that you have watched the clip, please complete the reflection questions below:

2. What emotions did you experience while watching the video?
How do you feel now?

3. Who is someone that has helped you along the way?
How has this person influenced you?

4. Write a brief note of appreciation to this person:



We'd Love to Hear From You.

Send videos, photos, or a note telling us how you're using Calm Classroom at support@calmclassroom.com.

You can also DM us on Instagram at [@calmclassroom](https://www.instagram.com/calmclassroom)

OR

Tag us in your photos and videos using the hashtag:
[#howwecalmclassroom](https://www.instagram.com/hashtag/howwecalmclassroom)

