

# BE STILL

This workshop uncovers one of the most powerful tools or "Super Powers" that we all have. This tool comes from the lungs and is called "Stop and Breathe." When our balloon gets full, it starts to take control, but breathing techniques can help us make better

choices. An example of Jesus being calm when the storm hit the sea is how we should all be when things around us start to get out of control. Modeling calm behavior in challenging and high-stress situations is more powerful than we may think. This workshop

illustrates ways to "Stop and Breathe" as well as the values and benefits of "Being Still" in the storm of life. We encourage you to share with your students all of the different ways you like to breathe for different situations when you need to "Be Still" and calm down.



*We'll send you a newsletter to accompany each workshop so you can follow along with the new SEL language and skills your students are practicing. Your ongoing support reinforces the workshop material and experience. When we all work together, we create deeper connections at home and in the classroom, and positively affect the school's culture.*



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## SOCIAL-EMOTIONAL LEARNING

### Stop and Breathe or your "Super Power"

When balloons are full, stopping and breathing are key. This allows students to process their feelings and the situation more clearly.

1. STOP
2. BREATHE
3. THINK
4. ACT
5. CHOOSE
6. CHEER



*Some of the tools included here were inspired by Soul Shoppe*

### Benefits



**Physiological Benefits:** Breathing is the key to controlling our heart rate. It allows us to calm down and resolve any possible stomach pain (tightness or knots associated with difficult feelings).

**Brain Benefits:** As students breathe and calm down, they're able to think of more options because their brain is able to access the frontal cortex and stop operating from the brain stem.

# BREATHING TECHNIQUES

## Quiet Breath



St. Catherine School, Martinez, Ca.

## Dragon Tamer



## 5 Finger Breath



Mr. Santana's 4th Graders,

Queen of All Saints School, Concord Ca.

## FAITH-BASED TEACHINGS

### Scriptures & Church Teachings

In Mark 4:37-39, Jesus and the disciples are on a boat and a storm comes. The disciples start to panic and worry while Jesus is sleeping. Jesus wakes up, stays calm and uses his "Super Power" to calm the storm by saying to the sea, "Quiet, Be Still." The sea calmed down and so did his disciples in awe and amazement.



## CONNECTION SECTION

### Real-Life Application

- Read the story of Jesus calming the sea with your students, then ask: *What worries you?* (Mark 4:35-41)
- Share a time where you felt overwhelmed and scared like the disciples on the boat.
- Share breathing techniques that you use to calm down.
- Practice breathing techniques learned in the workshop and learn new ones together.
- Come up with non-verbal ways (like hand signals) to remind each other to "Be Still," stop and breathe.

Have your students help you fill in the blanks and show you the hand signals for each step.

### STOP AND BREATHE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_