

Breathing Practice Script

- Take everything off your desk, no distractions.
- Place your hands either in your lap, on your chair, or folded on your desk.
- If you feel comfortable, close your eyes, or find a spot four inches in front of you to focus on. Take a moment to notice how you feel before we begin.
- Let go of your last breath so you can inhale.
- Inhale deeply to my count: 5-4-3-2-1.
- Hold your breath at the top: 3-2-1.
- Open your mouth and exhale: 5-4-3-2-1.
- Hold at the bottom: 3-2-1.
- Let's repeat this cycle 3 times.
- *After 3 cycles:* Notice how you feel now compared to how you felt when you walked into class today.