

Tenacity Lesson Plan #3

Pranayama Breathing Techniques

TERM 2014
LOCATION G+L+S
PROGRAM VideoGames and Learning

Overview of Lesson Breathing exercises are an easy way to reduce anxiety, feel grounded, and experience a more peaceful feeling - all without the need for materials! Invite students to experience “basic breath awareness” and “the long exhale” within this Tenacity-based lesson plan from Games+Learning+Society.

Preparation Needed Clear desks out of the way, leaving an open classroom space.
If available, lay yoga mats or towels out on the floor for each student.

Content of Lesson Begin by teaching students “*basic breath awareness*.” This gentle introduction to conscious breathing teaches you how to breathe more fully while quieting and calming the entire nervous system, reducing stress and anxiety and improving self-awareness.

Direct your students in the following way:

“Lie on your back with your knees bent and your feet flat on the floor about hip-distance apart. Place a palm on your abdomen and breathe normally for a few moments, really noticing your breath. Does your breath feel uneven? Shallow? Tense?”

“Observe the breath in these ways, and then gradually begin to make your breathing as relaxed and smooth as possible, pausing slightly after each breath and out.”

“Once your breath feels comfortable and relaxed, notice the movement of your body. As you inhale, the abdomen naturally expands; as you exhale, feel the slight contraction of the abdomen. Gently try to actively expand the abdomen on the inhale and contract the abdomen on the exhale to support the natural movement and experience the ability to give yourself a full, relaxed breath. Continue this practice for 6 to 12 breaths.”

Next, teach your students “*the long exhale*” breathing technique. This practice involves gradually increasing your exhalation until it is twice the length of your inhalation, relaxing you and reducing anxiety.

Direct your students in the following way:

“Lie down on your back with your knees bent and feet flat on the floor, hip-width apart. Place one of your hands on your abdomen and take a few relaxed breaths. Feel the abdomen expand on the inhalation and gently contract on the exhalation. Mentally count the length of each inhalation and exhalation for several more breaths. If the inhalation is longer than the exhalation, you can begin to make them the same length over the next few breaths.”

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“Once your inhalation and exhalation are equal, gradually increase the length of your exhalation by 1 to 2 seconds by gently contracting the abdomen. As long as the breath feels smooth and relaxed, continue to gradually increase the exhalation by 1 to 2 seconds once every few breaths. Keep going until your exhalation is up to twice the length of the inhalation. For example, if your inhalation is 4 seconds, do not increase the length of your exhalation to more than 8 seconds.”

“Finish your practice with 6 to 8 natural, relaxed breaths.”

Optional: After they have learned the techniques, have students play Tenacity while practicing their “basic breath awareness” techniques - do they feel more relaxed than previous experiences with Tenacity? How was their iPad interaction different?

Follow-Up: discuss the moments in which a student could implement these stress-relief breathing exercises (some examples: during a test, when trying to fall asleep, after an argument, etc.).

- Learning Objectives**
- Students will be able to follow a multi-step set of directions dictated by the instructor.
 - Students will be able to control their breathing and extend it consciously with practice and concentration.
 - Students will be able to tap into their breathing exercise knowledge to relieve self-identified stress.

Social/Emotional Content

- (MMSD-SELS.6-8)** Students will demonstrate an ability to be a leader as well as a group member in achieving group goals.
- (MMSD-SELS.6-8)** Students will generate multiple problem solving strategies, a variety of solutions and possible outcomes to a problem.