

Calming Strategies June 2020

Conscious Discipline™ Calming Strategies • Becky Bailey

Inhale, Exhale • Inhalar, exhalar

Sit in a comfortable position with your feet flat on the floor, or lie with your back on the floor. Press the top of your head up toward the ceiling as if a string were pulling your head up, stretching and straightening your spine. Inhale (pull breath in) and exhale (let breath out). Have children inhale and exhale as you read the poem *Breathe In and Out* • *inhalar, exhalar*. Remind children to exhale longer than they inhale.

Breathe In and Out (Conscious Discipline, p. 41)

Inhale	Exhale
Breathe in and	B elieve in yourself
Breathe in and	R elease your tension
Breathe in and	E xpand your vision
Breathe in and	A cknowledge your strengths
Breathe in and	T rust your intuition
Breathe in and	H onor your uniqueness
Breathe in and	E njoy your day

Variation

Giants

Inhale	Exhale
I breathe in	G ratefulness
I breathe in	I ntelligence
I breathe in	A ttentiveness
I breathe in	N iceness
I breathe in	T rustworthiness
I breathe in	S trength

Note: The acronyms are for teachers. Children at this age will not understand them.



Pretzel • La rosquita

Sing "I Can Be a Pretzel" • "Puedo ser una rosquita" while performing the actions below.

Encourage children to stand or sit. Have them

- cross one ankle over (or in front of) the other
- extend their arms out in front
- cross one wrist over the other wrist, face palms together, and clasp their hands together
- bring clasped hands in toward the chest, twisting them down and toward the body and then up next to the chest
- close their eyes and inhale with their tongue positioned on the roof of their mouth
- exhale and release tongue.

Repeat

This activity shifts the electrical energy of the brain from the low level, survival centers, to the higher regions, reasoning centers. The tongue on the roof of the mouth stimulates the limbic system to coordinate with the frontal lobes, integrating the left and right hemispheres of the brain.

I Can Be a Pretzel

Tune: "I'm a Little Teapot"

I can be a pretzel,
arms and legs out.

Cross them over,
and watch me pout.

When I feel all angry,
a pretzel I'll be.

Squeeze together,
one, two, three.

Puedo ser una rosquita

Tune: "I'm a Little Teapot"

Puedo ser una rosquita, brazos y piernas afuera.
(*siéntense en el piso, extiendan los brazos y las piernas*)

Crúzalos al frente y mira cómo quedan.
(*crucen los brazos y crucen las piernas*)

Cuando me pongo enojado, una rosquita seré.
(*respiren*)

Apriétalos muy juntos. Son uno dos y tres.
(*aprieten contra sus cuerpos los brazos y las piernas cruzados*)

See Themes 1 and 2 for additional calming strategies
Bailey, Becky (2000). *Conscious Discipline*. Loving Guidance; Oviedo, Florida