

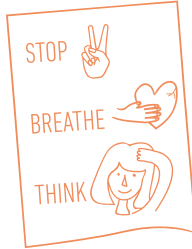


YOUR CLASSROOM ROADMAP TO STOP, BREATHE & THINK



MORNING RITUAL

- FACILITATE ENTERING THE ROOM
- CHECK IN 



LESSON TIME

FOR FOCUS

- FIVE FINGER BREATHING
- TIC TOC & COUNTING BREATHS



POP QUIZ!

FOR CALM

- COOLING OUT BREATHS
- BULLDOG FINDS HIS QUIET PLACE



RECESS!



LESSON TIME

- CHECK-IN 
- SHAKE IT UP 



LUNCH TIME!

#?!

SOCIAL DRAMA?

CARING AND CONNECTING

- JUST LIKE ME



CIRCLE UP WITH GRATITUDE

Person, place, or thing?




REWARD

Have your kids pick their favorite mindful game as a way to unwind at the end of the day.



 The play icon represents plug and play video activities that can be found on the Stop, Breathe & Think Kids app.

 The apple icon represents facilitation! Entering the room ritual, check-in practice and gratitude circle facilitation handouts linked on the website.