



Brain Break Script

- Sit down in a comfortable position.
- Close your eyes or look down at your palms (to be respectful of others in the classroom).
- Take calm, slow breaths, and listen to the sound of the chime for as long as it lasts.

Hit chime- wait until you cannot hear the chime.

- Pay attention to your breathing.

Pause for 10 seconds.

- Feel your stomach rising and falling.

Pause for 10 seconds.

- If your mind wanders, that's ok. Try to bring your focus back to your breathing.

Pause for 10 seconds.

- Picture the air coming into your body and going out again.

Pause for 10 seconds.

- When you hear the chime again, listen for as long as it lasts.
- When you can't hear the sound any longer, slowly open your eyes, look to the front of the room and smile!

Hit chime- wait until you cannot hear the chime.



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