

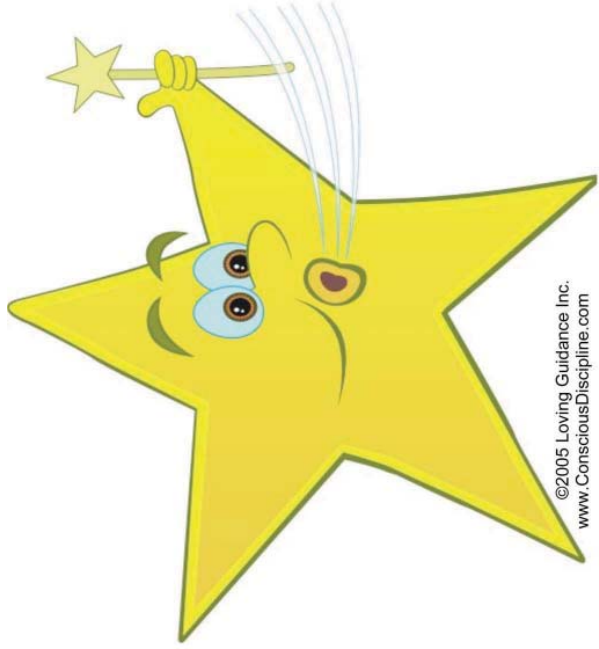


Safe Place Breathing Icons

The first step in any discipline encounter is to take a deep, calming breath. Three deep breaths shut off the fight or flight response in the body.

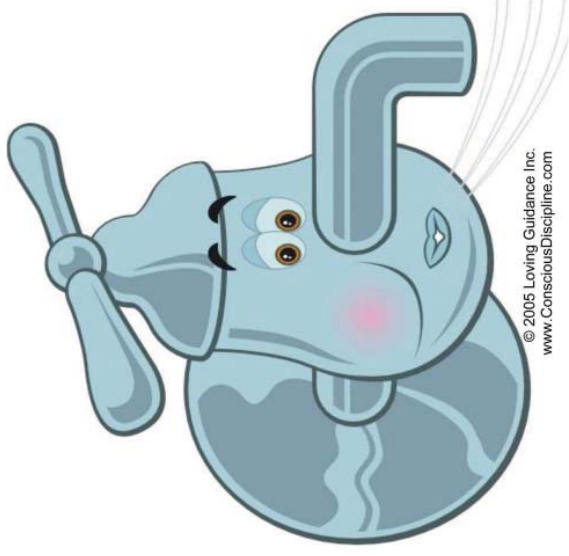
The four core active calming techniques used in Conscious Discipline are S.T.A.R., balloon, pretzel and drain.

Teach these techniques to children, post images of them in your Safe Place and find ways to incorporate them into daily activities. This PDF provides images for each breathing activity in a variety of sizes, as well as instructions for conducting them. Use these images around your classroom, school, center and home to encourage children and remind yourself to breathe when the going gets tough.



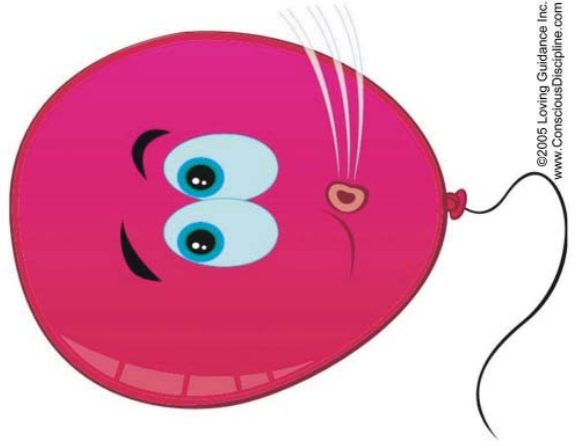
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S.T.A.R



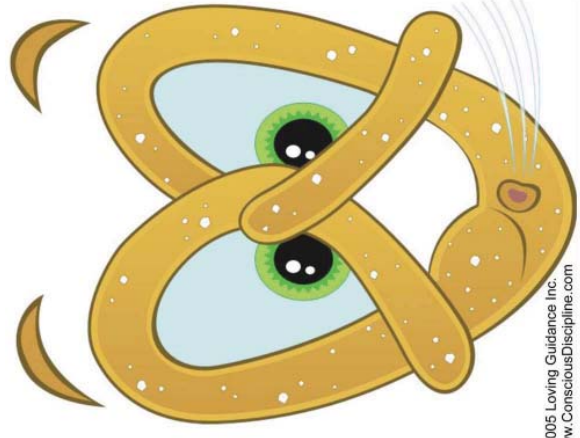
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Drain



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Balloon



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Pretzel



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath **And Relax.** Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



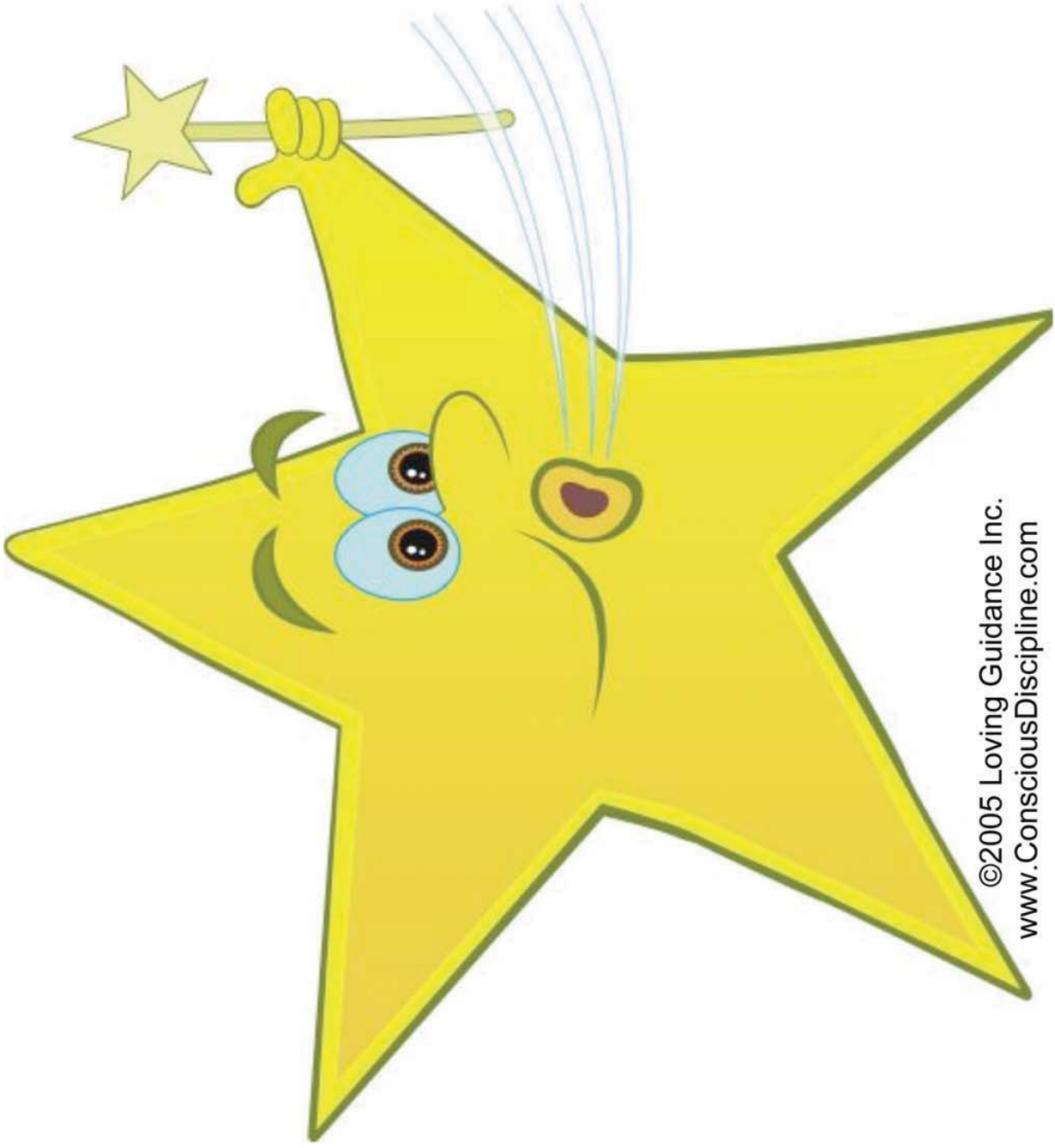
Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



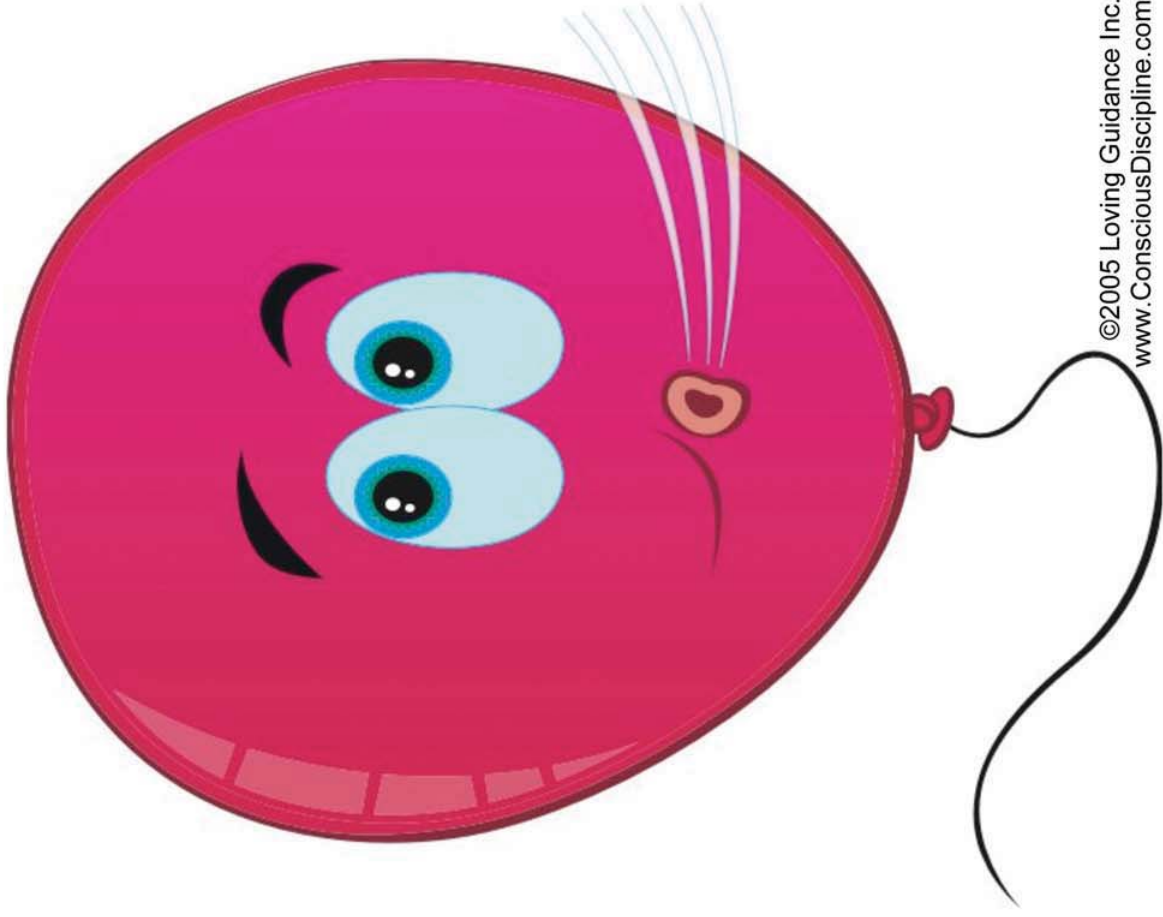
Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbppppbb” sound.



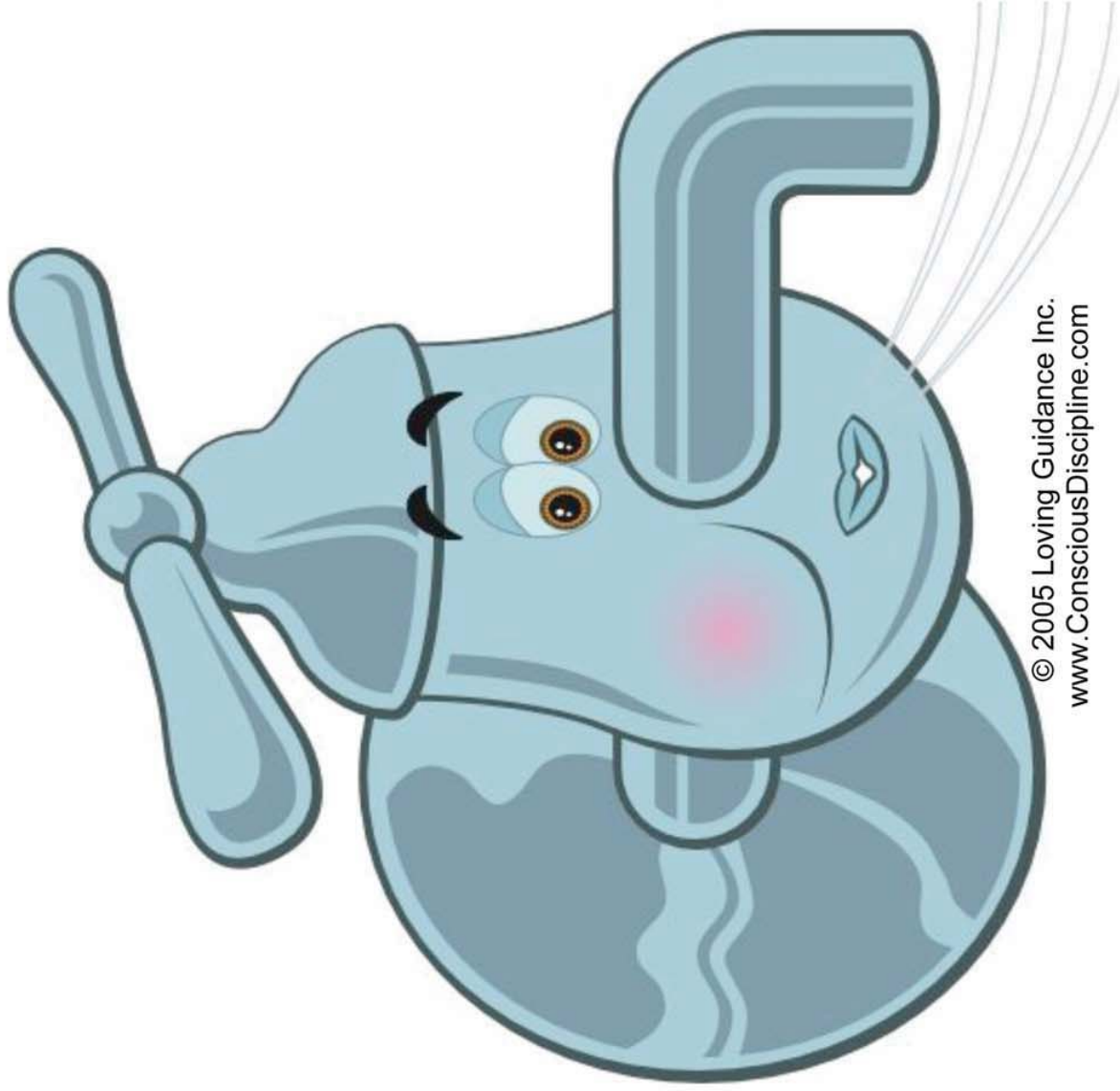
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S.T.A.R



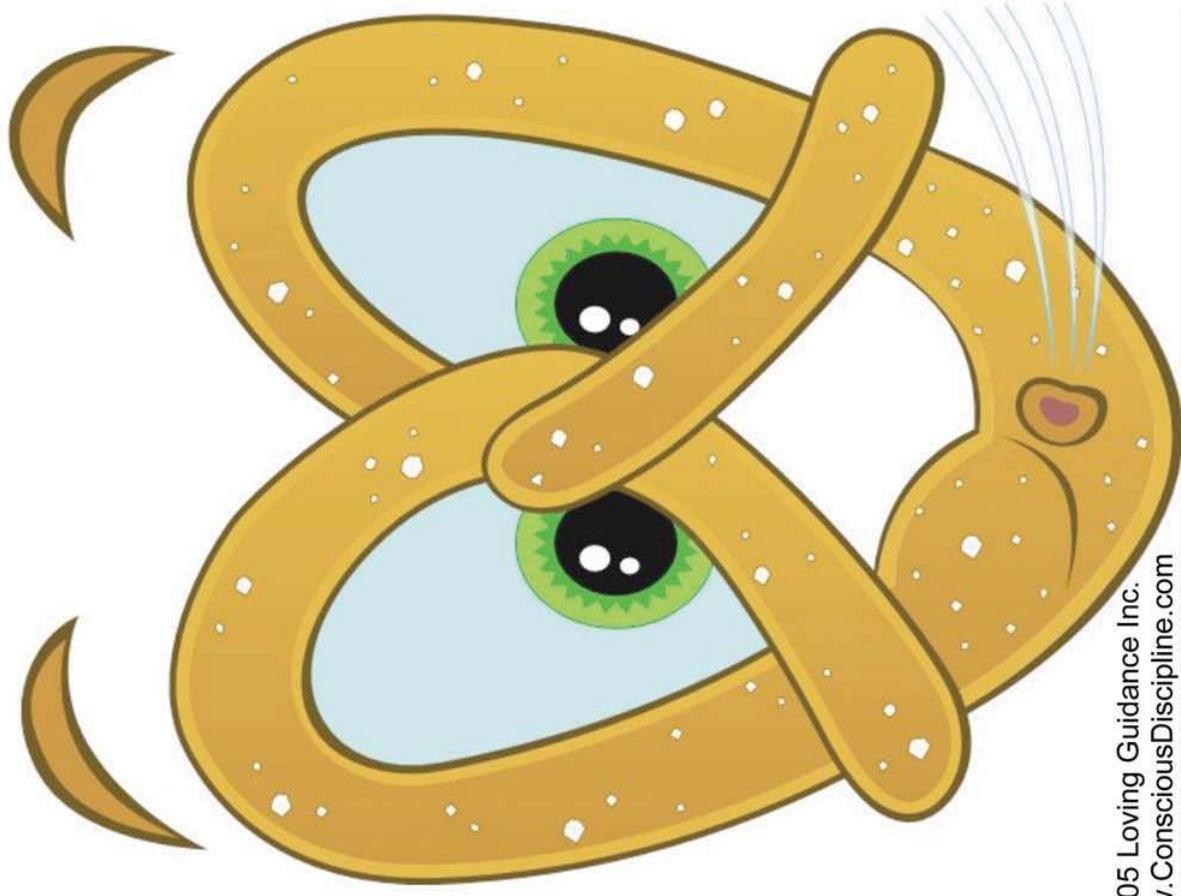
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Balloon



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Drain



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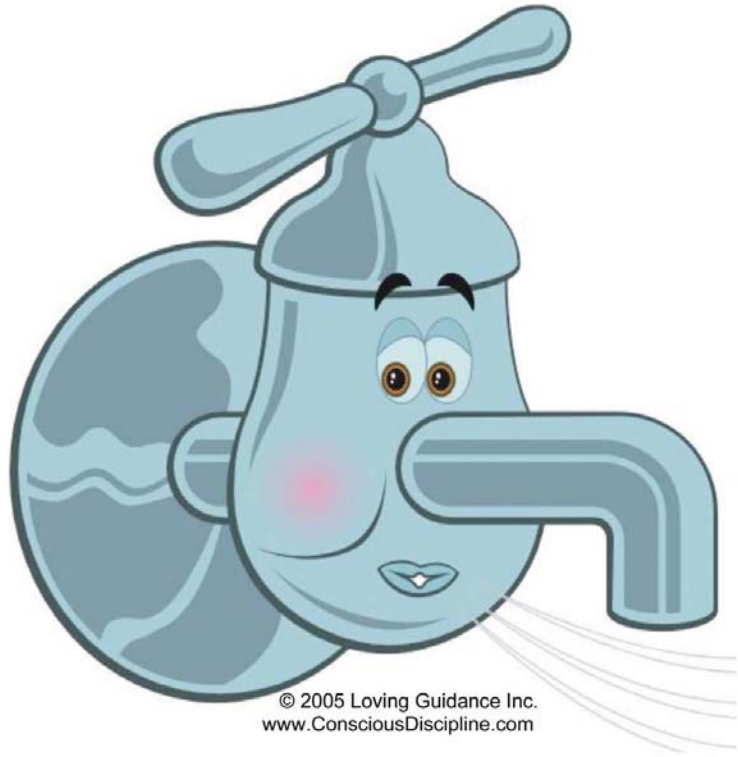
Pretzel



S.T.A.R



Balloon



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Drain



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Pretzel