

SCHOOL BREATHE

breathwork for a calmer classroom



Information & Prices

What will your school receive?

- Throughout the academic year, you will have access to weekly breathwork techniques and exercises, mindful meditations and visualisations, in video and audio format for the children to learn and practise in class.
- These are bite-sized breath focused techniques, the majority of them are no more than 5 minutes long. We encourage a daily practice of the set weekly technique.
- There is an optional print out for the children to take home so they can practise before and after school.
- You will receive a link to the video or audio file via your own membership account so you can play directly to the school or classroom. We also offer ongoing support throughout the year with one of the School Breathe team to answer any queries.
- We also offer teacher training for individual staff members who are interested in becoming a dedicated in-school breath coach.

Background

Founder of School Breathe CIC, Aimee Hartley, is a certified breath coach, yoga teacher, author of *Breathe Well* and mother of two. When her son entered the education system she realised that the school environment can be a melting pot for stress and anxiety, for both pupil and teacher.

Knowing the benefits a breathwork practice can bring, alongside her 10 years breathwork teaching experience, including teaching breathwork in schools, she decided to create an online programme that is both easily accessible and highly effective.



School Breathe Team

The online programme is presented by a team of certified and qualified breath coaches and health & wellbeing professionals who are all experts in their field.

From a selection of the UK's leading breath coaches and meditation teachers, yoga teachers for children with special needs, mental health professionals and inspirational speakers, the variety of the online team ensures pupils are engaged each week.



The Science



- The School Breathe programme teaches scientifically proven breathwork techniques to help children manage stress and anxiety, regulate their feelings, allows them to feel calmer, more focused and emotionally balanced.
- The core of the programme focuses on healthy breathing habits, including nasal breathing, diaphragmatic breathing, and releasing tension from the respiratory muscles. A short, regular breathwork practice has a plethora of proven health benefits for mental, physical and emotional health.

Why breathwork in schools?

- Rise in 'Academic Anxiety' with stress levels peaking around Sats/exam time. [ref: mentally healthy schools]
- Rise in depression & anxiety – 1 in 7 school age children have a mental health disorder. [ref:NHS]
- Children as young as three were referred to professionals by their teachers as the number of under-11s needing psychological help rose to almost 19,000 in the past year, from less than 14,000 three years earlier. [ref:NHS Trust]
- 90% of school leaders have reported an increase in the number of children with anxiety or stress over the last 5 years. [young minds org.]
- Breathwork has been scientifically proven to reduce stress and has numerous other positive benefits on all systems of the body.
- An exponential rise in stress and anxiety amongst school children post the 2020 pandemic.



Proven benefits of Breathwork

- Focuses the mind and brings your attention to the present moment
- Helps regulate emotions
- Helps manage panic attacks
- Improves self worth
- Helps manage anxiety
- Relieves depression
- Improves concentration
- Corrects dysfunctional breathing habits
- Soothes the nervous system
- Improves sleep
- Energises the body
- Calms the mind
- Boosts immunity
- Improves digestion
- Improves respiratory issues
- Boosts circulation
- Improves overall mental, physical + emotional wellbeing

Breathe Well. Learn Well.

A breathwork practice can:

- Improve your concentration.
- Improve your ability to retain information.
- Improve your ability to focus and reduces feelings of distraction.
- Boosts your confidence and calms your nervous system.
- Brings awareness to how you are feeling – an important lesson in life!



Habit Anchors

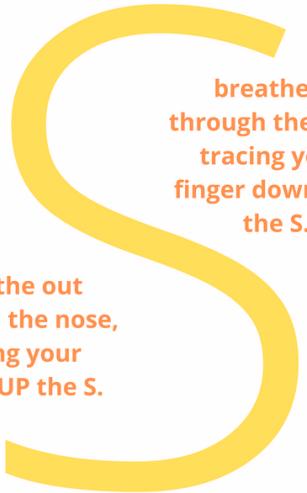
Research shows that combining a 30-second action with a “habit anchor” can make new routines more likely to stick. The habit anchor is something that you already do as part of an existing daily routine. Schools currently enjoying the School Breathe programme practise:

- After registration
- Before and / or after play time
- Before and/or after lunch
- Assembly
- At home - on waking & before sleep to help manage challenging behaviours and emotions.



Breathing Spaces

SSSS BREATHE



Repeat for 5 - 10 rounds

Bubble Breathe



Breathe in slowly through the nose for a count of 1..2..3...

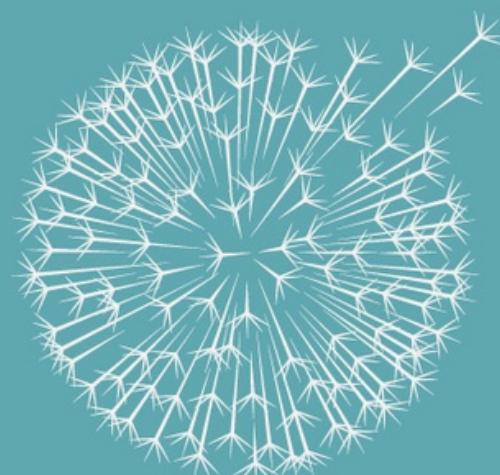
Breathe out of the mouth and imagine blowing the biggest bubble you have ever seen.

Repeat 5 - 10 times

Beauty Breathe



Looking all around you now, can you spot anything of beauty? It could be your favourite colour, a smile on someone's face, the blue sky - anything that makes you feel positive, calm and happy. Once you spot something, take 3 full conscious breaths whilst feeling grateful for this one thing. Now move on to 2 or more points of beauty and breathe as you observe all of the positive things around you.



Is there room for a dedicated area in your classroom to create a small breathing space? This can be a small area on a wall or corner in the room. The programme provides downloadable posters and breathing prompts for your classroom or first aid room.

Research in America has found that by replacing detention with breath focused meditation, there were vast improvements in children's behaviour.

Is there space for visual prompts to help children practise throughout their day? (children's drawings of lungs/clean air) or a green 'breathing plant' in the school - somewhere that becomes a dedicated 'breathing space'. Maybe in the corridors / reception area where children pass on a regular basis.

We can provide inspiration for breathing spaces within your school.

Wellbeing Classes, Training & Inset Days

We provide training for inset days to enable teachers and staff to learn about the School Breathe programme and to learn the benefits of a breathwork practice, including practical techniques to enjoy in and outside of the classroom.

For teachers and staff wishing to explore breathwork further and for those who wish to certify as a School Breathe Breath Coach, we provide online training for teachers to deepen their knowledge and grow in confidence to teach fun and effective breathwork techniques and routines to children.



Ongoing Support & Encouragement

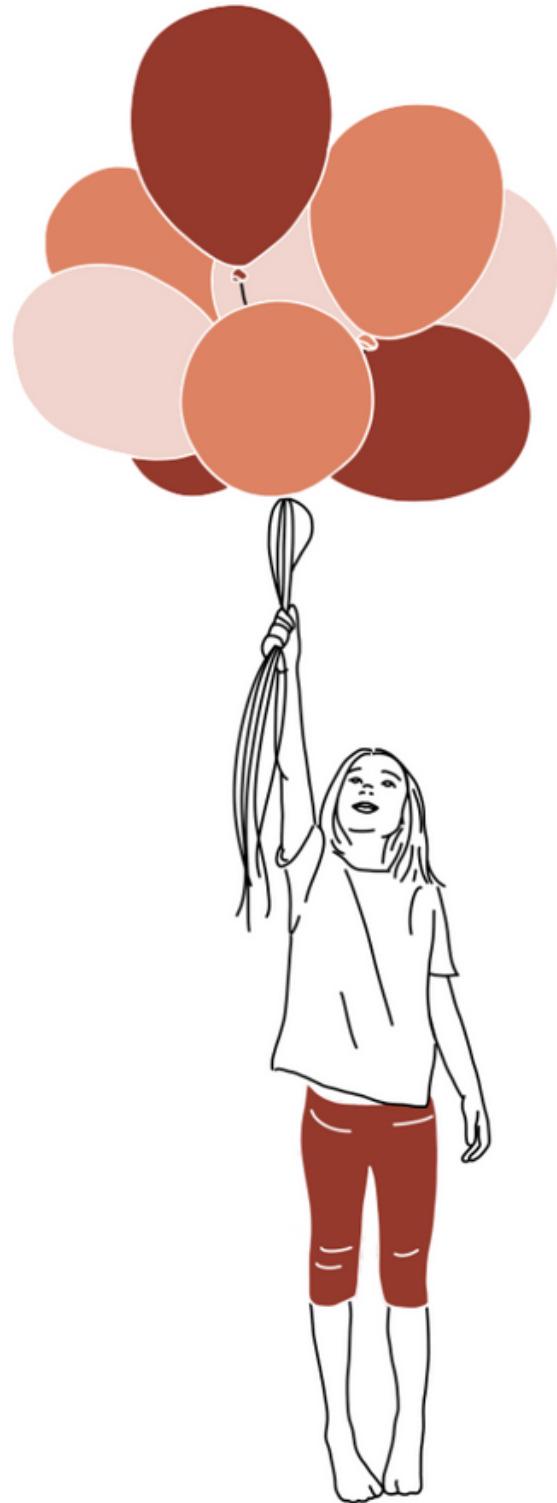
You can contact the School Breathe team for suggestions, questions or queries about the programme at anytime.

please email: info@schoolbreathe.com

Further along in the programme and where age appropriate (using the scripts we provide), we encourage you to choose a pupil to be the 'Breath Coach' for one day of the week. The children LOVE to read out the script and teach in their own style.

We encourage you to build a 5 – 10 minutes (20 mins is the ideal for an adult, according to research American Institute of Stress) breathwork routine into your everyday life. You will reap the benefits in no time!

More movement & breathwork = happier children!



PRICES

With an understanding of varying budgets within the education system, the School Breathe programme is priced depending on the size of your school:

Online Programme full academic year is £3 per child in the school.
i.e 100 children in the school = £300

Online programme for half the academic year is £2 per child

School Breathe Breath Coach Training for individual teachers depends on the number of teachers wishing to train. You can read more about the training via www.schoolbreathe.com where there is an information pack to download.

We are happy to discuss your needs. Please email info@schoolbreathe.com for further information or to arrange a call.

What teachers + pupils say

"I am very happy to say, at the end of last year I conducted a survey with the children who I had been teaching breathwork to and it was an overwhelming positive response. When I showed this to the head of the school, she was very happy and has given the green light for me to teach Breathwork to all of year 5 and 6 this year (nearly 200 kids!!) So I am very excited to say the least."

Mrs Dadley, Primary School Teacher + School Breathe Breath Coach Trainee St Stephen's School

A year 3 child brought this to show me today. This is her Breathe Game (see right) she has made at home, to play with her friends. The different colours are the different School Breathe exercises, which they must do when they land on the coloured sticks.

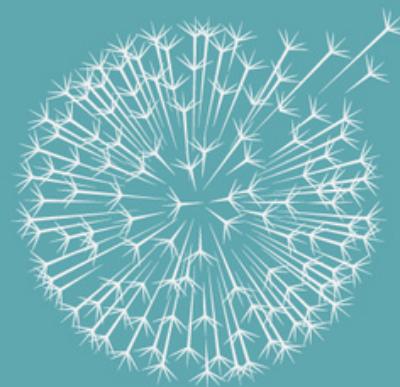
This just shows the impact that the School Breathe programme is having here in school and that the children are also taking it home. - J. Bird Alexandra School

"Breath work helps me to fall to sleep easily and it makes me calm" - JS age 9

"Breathwork really helps us calm down a lot and learning new and different kinds of breathwork can help in any situation at anytime" GF age 7

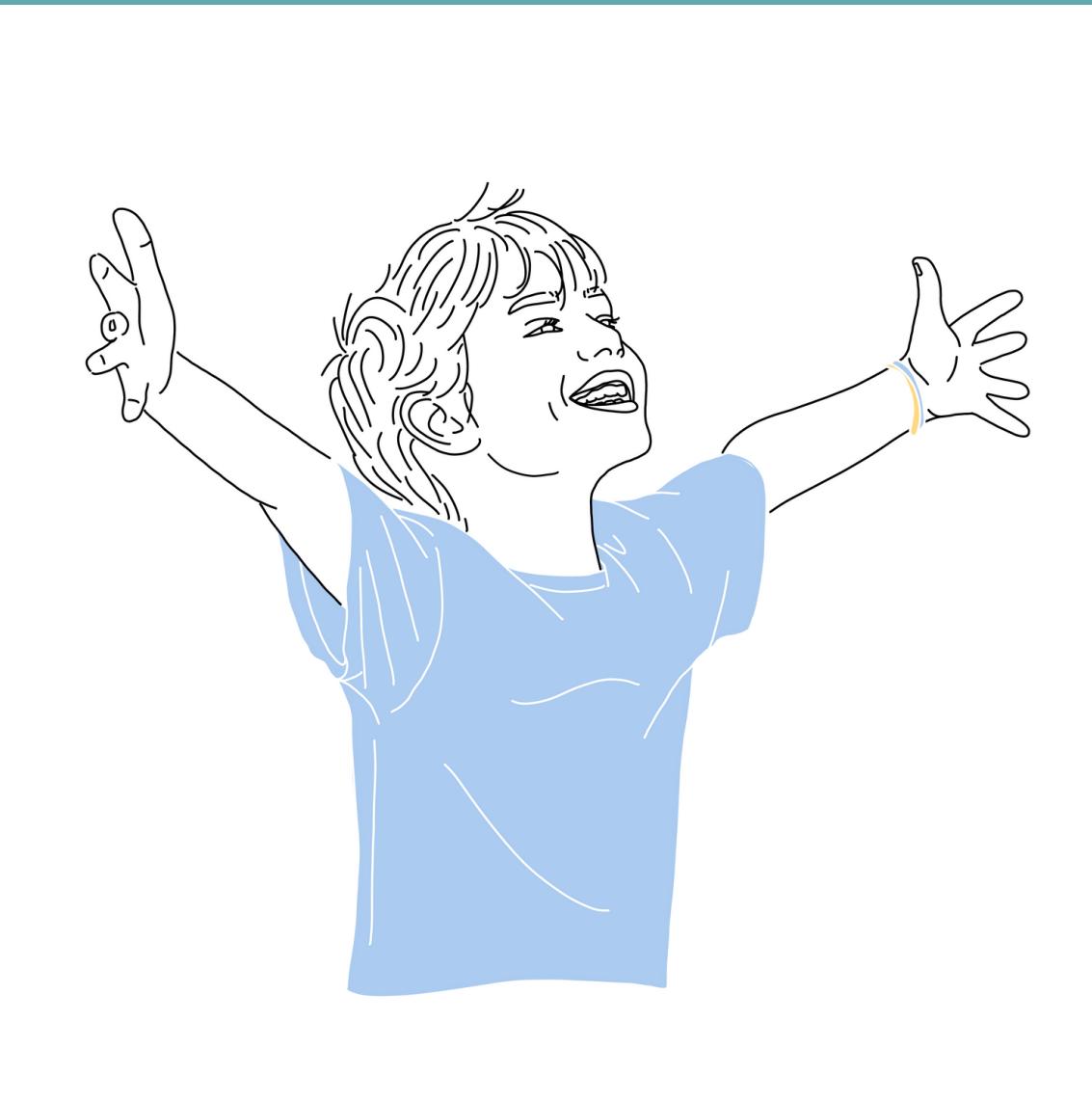
It teaches us good ways to concentrate when working at school and to help feel calm at home. HC age 8





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We hope you can join
the growing number of
schools reaping the
benefits of a
breathwork practice
