

SCHOOL BREATHE

breathwork for a calmer classroom



School Breathe Online Programme Information & Prices

What will our school receive?

- Throughout the academic year, you will have consistent access to weekly breathwork techniques, mindful meditations, and visualisations, presented in both video and audio formats for children to learn and practise in the classroom.
- These bite-sized, breath-focused techniques are designed to be brief, typically no longer than 5 minutes. We strongly encourage a regular (daily) practice of the specific weekly breath technique for optimal benefits.
- As an additional resource, there is an optional printout available for children to take home, facilitating practice before and after school.
- Upon enrollment, you will receive a link to your personalised membership account where you will see the upcoming weekly content. This allows for seamless playback directly in the school or classroom setting. Moreover, our team at School Breathe is committed to providing ongoing support throughout the year, ensuring that any queries or concerns are promptly addressed.
- For those interested in further engagement, we offer teacher training for individual staff members keen on becoming dedicated in-school breath coaches. This training provides a deeper understanding of breathwork techniques and their application in an educational setting.

Background

Aimee Hartley, the Founder of School Breathe CIC, is a UK based certified breath coach, yoga teacher, author of "Breathe Well," and a mother of two. Her inspiration for creating School Breathe stemmed from the realisation that the school environment can become a melting pot for stress and anxiety, impacting both students and teachers alike when her son entered the education system.

With a profound understanding of the benefits that a breathwork practice can bring, combined with 15 years of experience in teaching breathwork, including within school settings, Aimee was motivated to develop an online program. This program aims to be easily accessible while maintaining a high level of effectiveness in addressing the unique challenges present in the educational landscape. Growing demand has seen the programme reach international schools.



School Breathe Team

The online program is curated by a team of certified and qualified breath coaches, alongside health and well-being professionals, all of whom are distinguished experts in their respective fields.

Our team comprises a diverse range of specialists, including some of the UK's and Australia's foremost breath coaches, meditation instructors, yoga teachers specialising in children with special needs, mental health professionals, and inspirational speakers. This rich variety within our online team is meticulously designed to ensure that students remain captivated and engaged throughout each week.



The Science



- The School Breathe programme teaches scientifically proven breathwork techniques to help children manage stress and anxiety, regulate their feelings, allowing them to feel calmer, more focused and emotionally balanced.
- At the heart of the program lies a dedicated focus on cultivating healthy breathing habits. This includes emphasising practices such as nasal breathing, diaphragmatic breathing, and releasing tension from respiratory muscles. Engaging in a brief, consistent breathwork routine yields a myriad of scientifically validated health benefits, encompassing mental, physical, and emotional wellbeing.

Why breathwork in schools?

- Based on the OECD average, 67 per cent of Australian students report feeling very anxious even if well prepared for a test, compared to the international average of 56 per cent (64 per cent for girls and 47 per cent for boys).
- Evidence of significant increases in depression and anxiety compared to pre-pandemic levels.
- Rates of probable anxiety and depression were 24.4% and 22.9% in general populations, but up to 41.1% and 32.5% in vulnerable populations during the pandemic period.
- Rates of stress, psychological distress and PTSD/PTSS symptoms were 39.1%, 44.2%, and 18.8%, respectively during the pandemic period. – Research led by the University of Sydney's Matilda Centre for Research in Mental Health and Substance Use, in collaboration with the Australian National University's Centre for Mental Health Research.



Proven benefits of Breathwork

- Encourages self-regulation
- Focuses the mind and brings ones 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 will:

- Improve focus and concentration.
- Improve children's ability to retain information.
- Reduces anxiety and stress and enables a calmer classroom
- Boosts confidence and calms the nervous system.
- Brings awareness to how children 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 online programme practise either:

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



Online Support

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

please email: hello@schoolbreathe.org

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 to class using their own teaching style.

We encourage you to build a 5 – 10 minutes breathwork practice into your everyday teaching. Your class and school will reap the benefits in no time!



Investment

With an understanding of varying budgets within the education system, we aim to provide support for those schools who cannot afford a wellness programme. Through our community interest funding pot, we aim subsidise smaller schools in highly deprived areas. Prices below are for all of the teachers and staff to access the programme.

Online programme is **AUS\$1395** for HALF the academic year for a whole school approach.

Online programme for full academic year is **AUS\$2495** or a whole school approach.

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 hello@schoolbreathe.org 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 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

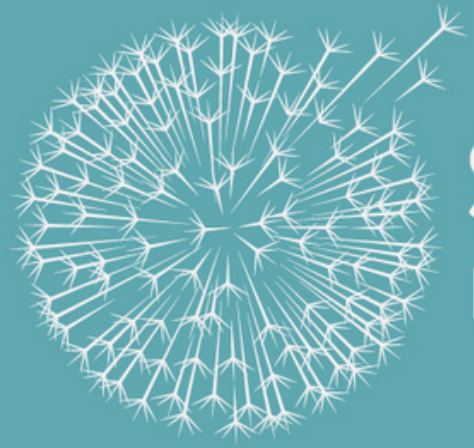


"Breathwork helps me to fall to sleep easily and it makes me calm" - JS age 9

"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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**To sign up or to ask any further
questions, please email
hello@schoolbreathe.org**

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