Mindfulness Strategies Resources

- **3 Step Calm Down Routine**: This visual can help students calm down.
- **Breathing Choices**: Belly breathing is a tool that promotes activation of the calming response (via the parasympathetic nervous system.) Practice belly breathing with both hands over the navel to be sure the diaphragm is moving with each breath. The belly should expand with each inhalation and collapse with each exhalation.