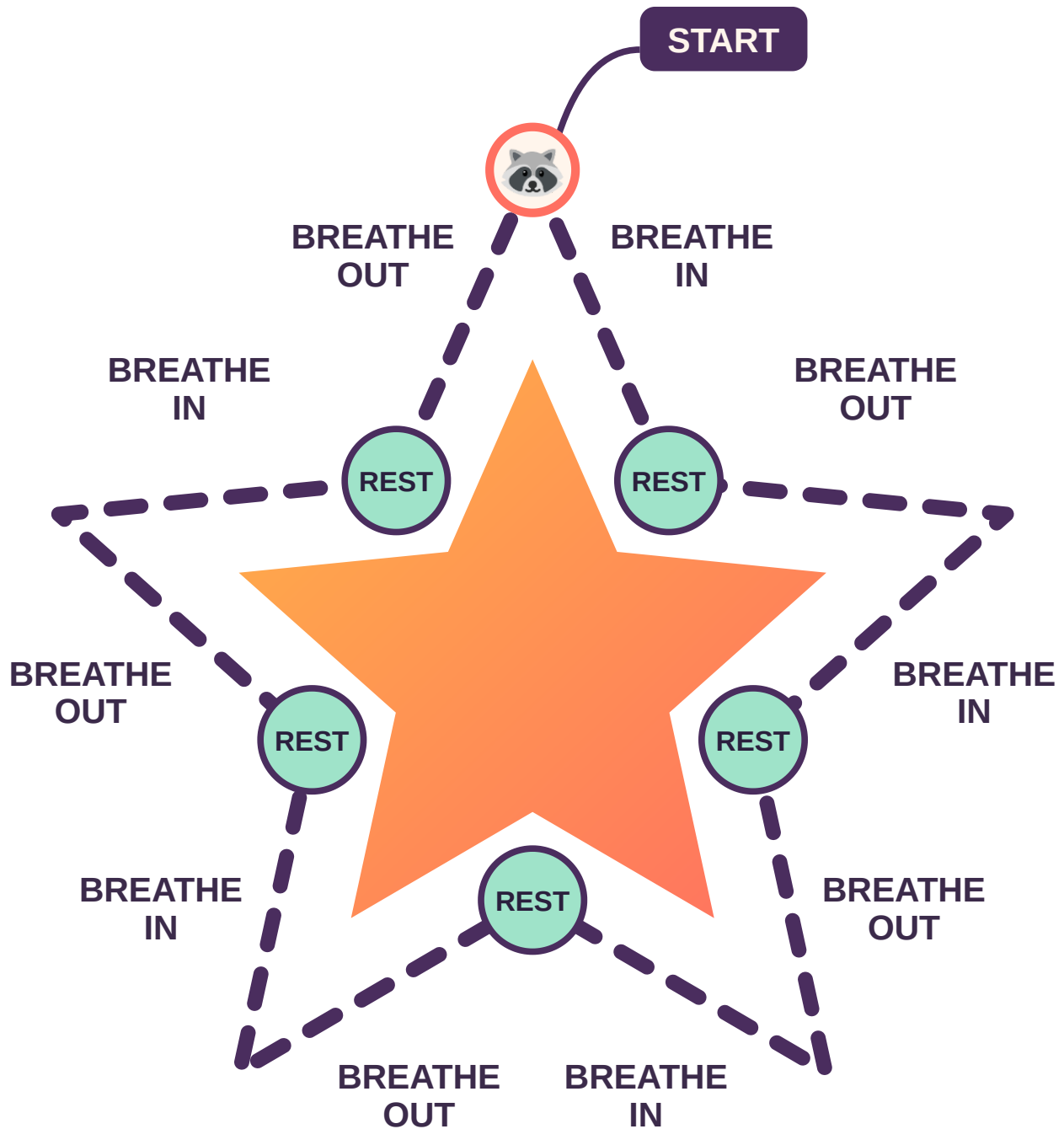


✦ Explorer Breathing

Your pointer finger is the explorer. Start at the sign. Slide down to the corner as you breathe in. Rest. Slide up to the next point as you breathe out. Go slow. Let your breath set the speed. Five points, and you lit the star.



How to breathe **like an explorer**



Shake it out. Hands, feet, whole self... and stop.



Make a star. Stand tall, feet wide, arms wide. You're a star!



Sit down comfy. Hands on your belly.



Breathe in. Belly big, like a balloon.



Rest. Just a tiny pause at the corner.



Breathe out. Belly small. Hum like the wind in the trees. Mmmm.



Go around the star. Belly big on the way down, rest at the corner, hum on the way up. Five breaths, and you lit the star.

GOOD TIMES FOR A STAR BREAK

After recess · Before a test · When the room gets loud · Bedtime · In the car · Any time a pause would help

FOR GROWN-UPS

BEFORE

"Want to take a star break with me?" Pick an explorer together. Shake it out, make a star, hands on bellies. Then press Start, or put a finger at START on the page.

AFTER

"What did you notice?" Then wait. Whatever they say is right. End the same way every time: hands together, "keep shining."

DURING

Say nothing. Breathe along, slowly, where they can see you. Wiggles and giggles are fine. Listening counts. Watching counts.

KEEP IT GENTLE

- Small, comfortable breaths. Never "as deep as you can."
- If a child feels dizzy, stop and breathe normally.
- It's a pause they choose, not a way to make them calm down.