Jodie Montgomery, Middle school counsellor:

So one thing I find that is really helpful for anxiety is the breath work. Learning to breathe and teaching students to breathe, is one of the most important and simplest strategies for lowering anxiety and allowing the brain to re-enter that regulated place.

Student, Grade 12:

Well, when I'm feeling like super stressed out, this is just what I do and I find it works for me. I just, I take four really deep breaths. I think this is called like square breathing or it's like similar to square breathing. Just four like really big deep breaths in and out, and I find that it just like, I close my eyes when I do it and I'm in a quiet space and I find that it just grounds me and just like lets my body know I guess, or my brain know that everything's okay. You're just, just find yourself in this moment.

Donald Wilson, English teacher:

I ask the class to, to sit, you know with uh, you know in upright position with their eyes closed and observe their breath for a minute or so and I sort of just, you know, guess that's a pretty good span of time, but it's around a minute.

Jodie Montgomery, Middle school counsellor:

When we are dysregulated and we are um, sort of in that lizard brain place, we're in that fight flight or freeze place, we are not available to learn. And I think the same is true for us as adults, too. So it's also important to know, to notice about yourself as a, as an educator, that you're also a human and when your students are breathing, you can breathe right along with them and you can notice those effects on your body. You can feel your heart rate starting to slow.

You can, you can feel your body starting to calm. If your stomach was feeling clenched, you can feel it start to loosen. If your head was feeling scattered, you can start to feel it's a little bit more free up there. And I think that when you call attention to those body connections, when you're teaching breath work to students, it's really, really powerful.