

GUIDING PRINCIPLE 3

ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



Strategy: Five Finger Breathing

Audience: Kindergarten to Grade 8

What:

- Encouraging co-regulation using the “Five Finger Breathing” strategy
- Using this tool to help students regulate their bodies
- This tool is always available to the students

How:

- Teach and practice this strategy when students are in a regulated state, and across a variety of environments
- With time and practice, students may be able to access this tool independently or with minimal cueing when they enter a dysregulated state



Materials:

- Student's own hand, video for teaching purposes

Example:



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

Inclusive Practices to Consider:

- Student's may require an adult to initiate this task through cues or prompting (co-regulation)

Reference and Links:

Childhood 101—Take 5 Breathing
<https://childhood101.com/take-5-breathing-exercise/>

Five Finger Breathing
<https://www.youtube.com/watch?v=DSgOW879jjA>