

CALMING TECHNIQUE

TOURNAMENT Tips & Descriptions

How to introduce

- **On Day #1**, introduce the tournament to students and explain how it works. Introduce the first technique, Belly Breathing, and do it together as a class.
 - [Click here to create a copy of the Google Slide Bracket.](#)
 - See descriptions of all of the techniques below.
- **On Days #2 and #3**, practice the first technique together, and if appropriate, ask students to share their thoughts on how it felt.
- **On Day #4**, introduce the second technique (Heart 7 Acupressure), and on **Days #5 and #6**, practice it together.
- **On Day #7**, practice both the first and second techniques and have students vote for their favorite. Repeat the process for all 6 remaining techniques.
 - Copy and Paste the [Google Slide](#) for each of your classes and keep track of the winners.

Tips

- Practice each technique yourself before trying it with students.
- Preview the videos before showing them in class.
- If students don't like the technique or you want to move through the tournament more quickly, you might choose to do each technique for two days.
- Some of these techniques involve breath holds, which can be challenging and stressful for students. To help them cope, I encourage them to view this as an opportunity to take a calming break, even if they choose not to actively practice it.
- Remind students to remain quiet and focus during the practices to maintain "the container."

Calming techniques

The first eight techniques are outlined within the bracket, with three additional practices listed thereafter that can be utilized as alternatives to any of the original eight.

- **Belly breathing:** Slow, deep breathing that focuses on the diaphragm.
 - Ideally, students will practice belly breathing while doing most of the following breathing techniques.

- [Video](#) - Pre-K - 5th grade (or older)
- [Video](#) - 6th grade and up
- [Video - Shows how your diaphragm moves when you breath](#)
- [Detailed instructions and benefits](#)
- **Heart 7 Acupressure Point:** Acupressure point located below the wrist, helps to reduce tension and promote a sense of well-being.
 - [Video](#)
 - [Detailed instructions](#)
 - [Research](#)
- **Five-Finger Breathing:** Tracing each finger with the other hand while
 - synchronizing breathing with movements.
 - [TikTok Instructions](#)
 - [Detailed instructions and benefits](#)
- **Tapping/EFT:** Tapping on specific acupuncture points while focusing on a specific issue or negative emotion.
 - [Guided Tapping Practice by Josh Rooke \(me\) video](#)
 - [How to Tap by Jessica Ortner video](#)
 - EFT Research:
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>
 - <https://www.healthline.com/health/eft-tapping#research>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>
- **Box Breathing:** Inhaling for a count of four, holding the breath for a count of four, exhaling for a count of four, and holding the breath again for a count of four, before repeating the cycle.
 - [Video Instructions](#)
 - [Practice Video](#)
 - [Detailed instructions and research](#)
 - [Josh's Stress-reduction Brain Break Tutorials](#)
- **Butterfly Hug / Tapping:** Placing both hands on your upper chest, hook your thumbs, and tap one side of your collarbone and then the other while taking deep breaths and focusing on feelings of comfort and security.
 - [Video Instructions](#)
 - [TikTok video instructions](#)
 - [Detailed instructions](#)
 - *Note: I DO NOT recommend asking students to bring a traumatic event to mind. I invite them to bring to mind something stressful in their lives that on a scale of 1-10 is no higher than a 6 or 7.*
- **Physiological sigh:** Inhale through your nose and then take one additional, quick inhale. Exhale/sigh through your mouth.

- 5 minute intro video - <https://www.youtube.com/watch?v=kSZKlupBUuc>
- 3 minute intro video - <https://www.youtube.com/watch?v=rBdhqBGqiMc>
- [TikTok](#) and another [TikTok](#)
- **478 Breathing:** Inhaling through the nose for a count of four, holding the breath for a count of seven, and exhaling through the mouth for a count of eight.
 - [Practice Video](#)
 - [Long guided practice to fall asleep](#)
 - [Detailed instructions and research](#)
 - [My Stress-reduction Brain Break Tutorials](#)
 - [TikTok woman explains benefits and demonstrates it](#)
 - Spanish - [TikTok SLOW guided 478 breath](#)

Additional techniques:

- **Resonance Breathing / Coherent Breathing:** Inhaling and exhaling at a rate of five breaths per minute for several minutes.
 - [Practice Video - 4 Seconds In, 6 Seconds Out](#)
 - [Stairs and ball practice video](#)
 - [Detailed instructions](#)
 - Effect of Resonance Breathing on Heart Rate Variability and Cognitive Functions in Young Adults: A Randomized Controlled Study
 - Conclusion: Increased parasympathetic and decreased sympathetic activity were observed after practicing 20 minutes of resonance frequency breathing every day for four weeks. It also improved cognition and reduced perceived stress levels among young adults. It is recommended that young adults should practice deep breathing at the resonance frequency for a few minutes every day. This would allay anxiety and stress, improve their cognitive performance, and also reduce their cardiovascular morbidity.
 - <https://pubmed.ncbi.nlm.nih.gov/35308668/>
- **Buteyko Breathing:** Practicing breathing through the nose instead of the mouth, and slowing down the rate and depth of breathing to a more natural and healthy level
 - [Detailed instructions](#)
 - [Research and instructions](#)
- **Pursed lip breathing**
 - Inhaling through the nose for the count of two, then exhaling slowly and deliberately through pursed lips, as if blowing out a candle for the count of four or more.

- [Video Instructions](#)
- [Detailed instructions and benefits](#)
- **Relajación muscular progresiva** - Progressive Muscle Relaxation
 - What's the color of your tense _____. Dissolve like sand. Let _____ relax, what's the color now?
 - <https://health.clevelandclinic.org/progressive-muscle-relaxation-pmr>
 - <https://positivepsychology.com/progressive-muscle-relaxation-pmr/>
- **Tactical Combat Breathing (4-4-4):** Inhaling, holding, and exhaling in four second increments.
 - [Video about breathing](#) from a former soldier
 - [Guided](#)
-

Created by Josh Rooke
jr22@duck.com