

Scheme of Work

The 2-Week Resilience & Peak Performance Pressure Pathway

45-Minute Pathway

Teacher Portal → Core Pathways → [The 2-Week Resilience & Peak Performance Pathway](#)

Structure, Setup & Safeguarding

layers**Structure**

Main Lessons

2× 45-minute video-guided sessions

Companion Practice

2× 10-minute audio sessions per week
(delivered in school or at-home practice)

Facilitation

Delivered by a lead teacher, supported by staff as required

settings**Setup**

Equipment

Ensure 9D headsets are fully charged before the session

Space

Set up mats and optional eye masks
(students can practise seated or lying down)

security**Safeguarding**

Formative Check-In

Each main lesson begins and ends with a 'Rate Your State' activity

Safeguarding Check

Every lesson concludes with an Exit Card to monitor student wellbeing

Required & Provided Resources

auto_awesome Provided by 9D **Breathwork**

Hardware Kit

9D headsets and audio transmitter system

Platform Content

Video main lessons, audio companion tracks, practice & at-home library

Assessment Tools

Rate your state formative assessments and exit card templates

school Provided by School / **Classroom**

AV Equipment

Computer or laptop with stable Wi-Fi connection, screen/projector, and speakers

Comfort Setup

Floor mats for participants (*Optional: eye masks*)

Student Comfort & Guidance

spa

Flexible Posture

Seated or lying down—whichever feels most grounded

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Volume Control

Adjustable at any time via the controls on the left earcup

headset

Sensory Options

Headphones can be worn over the ears or resting around the neck to begin with (ideal for neurodivergent learners)

surround_
sound

Immersive Audio

9D sound is immersive; allow students time to adapt and get comfortable.

verified

The Golden Rule

"You breathe you"—reassure students that there is no single "perfect" way to participate

Facilitator & Teacher Guidance

spa

Calm Presence

Observe calmly, model presence, and participate alongside students when appropriate

accessibili ty

Practical Support

Assist students quietly with volume adjustments or comfortable positioning

healing

Managing Overwhelm

If a student appears overwhelmed, guide them to soft nasal breathing and allow them to pause without pressure 📌

forum

Coaching Cues

Encourage breath depth over speed, demonstrating trust in their innate capacity

info

Normalising Sensations

Reassure students that temporary tingling in fingers or toes (tetany) is a safe, natural physiological response during activating practices

Safety Information

Activating Breathwork Guidance

All Core Pathways contain **activating breathwork**. Treat these sessions like a PE lesson: if a student has a known medical condition, simply offer them a gentler, modified session (**Slow Mode** or **5-Minute Meditations**).

The Golden Rule

You are a teacher, not a clinician.

You do not need to evaluate complex medical histories. If in doubt, swap the student to a **Slow Mode** or **Meditation** track. These contain zero dynamic breathing and are safe for everyone.

When to Modify

Do **not** run activating Core Pathway tracks for students with known:

- **Epilepsy** or history of seizures
- **Heart or cardiovascular conditions** (including high blood pressure)
- **Severe or unmanaged asthma**
(ensure standard inhalers are accessible in the room)
- **Glaucoma, recent surgery, or pregnancy**
- **Severe PTSD / complex trauma**
(where intense physical activation may trigger panic)

Creating an Inclusive Experience

These principles create psychological safety for neurodivergent learners and benefit every student in the room

assignment

Prepare First

Introduce the equipment and experience beforehand so students know exactly what to expect

spa

No Perfection

Reassure students there is no "right" way to breathe—encourage them to go at their own pace

tune

Choice & Comfort

Let students choose their posture (seated/lying) and sensory setup (eye masks or wearing headsets around the neck)

schedule

Predictability

Always share the session duration beforehand to establish safety and ease anxiety

Best Practice Guidelines

Students will follow your lead — always preview sessions yourself first.

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Preview & Prep

Note key phrases, affirmations, or reflection moments to guide follow-up discussion.

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Lead with Permission

Model calm confidence and kindness, giving students full permission to be where they are.

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Trust the Process

What feels new or novel initially quickly becomes a grounding, nourishing routine.

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Positive Impact

Most students embrace the practice rapidly and look forward to the sessions as trust builds.

**There are no silver bullets—
only presence and practice.**

You already know your students best. Embody the calm, guide without pressure, and experience the shift right beside them.

Week by Week

Overview and Lesson Plans

Main Lesson & Companion



Week 1	Lesson 1: Control the Spike – Learn to interrupt a pressure spike	Audio Companion - 10 mins
Week 2	Lesson 2: Own the Momentum – Recognise, trust and handle pressure with confidence	Audio Companion - 10 mins

Session 1

Overview of the main lesson format and companion integration.

video_library

45-Minute Main Lesson

Fully guided, video-led, plug & play practice.

spa

Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

10-Minute Sessions: Deliver in school during form time, within reset spaces or set as at-home practice.



Educator Tip: Drive Student Engagement

Reward completion with positive behaviour points to encourage active participation and long-term habits.

Session 1 Lesson Plan – Control the Spike

Session 1	Name: Control the Spike – Learn to interrupt a pressure spike
5 minutes	Introduction and theme setting on video
3 minutes	Invisible Breath Micro-Reset (5-In / 5-Out Nervous System Reset)
10 minutes	You Got This (Nasal Box → Nasal Flow → Nasal/Mouth Activation)
3 minutes	Drop The Pressure Micro-Reset (Physiological Sigh Reset - Nose in. Out mouth)
10 minutes	Locked In (Mouth-led activation → focused holds → nasal reset)
2 minutes	Integration on video
5 minutes	Wrap and CTA on video
5 minutes	Complete Exit Cards, share brief reflections, or ground quietly before class ends - teacher-led

Snapshot Summary	● Techniques: Invisible Breath You Got This Drop The Pressure Locked In ● Companion: 10-minute track ● Formative Self-Assessment and Safeguarding: Rate your state and exit card ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video
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Session 1 Techniques

Page 1

Invisible Breath Micro-Reset	Breath Mechanics: 5-In / 5-Out Nervous System Reset
You Got This	Breath Mechanics: Nasal Box → Nasal Flow → Nasal/Mouth Activation Breath Holds ✓ Yes — short hold on empty Best For / If You're Feeling: • Nervous before something important • Stressed but needing to perform • Stuck in your head or overthinking • Low confidence before exams, sport, or presentations
Drop The Pressure Micro-Reset	Breath Mechanics: Physiological Sigh Reset - Nose in. Out mouth
Locked In	Breath Mechanics: Breath Ladder + Physiological Sigh (Mouth-led activation → focused holds → nasal reset) Breath Holds ✓ Yes — holds on empty ≈25s → ≈45 Best For / If You're Feeling: • Distracted, scattered, or mentally noisy • Under pressure (exams, sport, presentations, meetings) • You need to switch on without tipping into stress • Stuck in your head or overthinking • Want calm confidence before action

Session 2

Overview of the main lesson format and companion integration.

video_library

45-Minute Main Lesson

Fully guided, video-led, plug & play practice.

spa

Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

10-Minute Sessions: Deliver in school during form time, within reset spaces or set as at-home practice.



Educator Tip: Drive Student Engagement

Reward completion with positive behaviour points to encourage active participation and long-term habits.

Session 2 Lesson Plan – Own the Momentum

Session 1	Name: Own the Momentum – Recognise, trust and handle pressure with confidence
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video
3 minutes	Come Back Micro-Reset (The 5-4-3-2-1 Attention Reset - in nose 4 out mouth 6)
10 minutes	Clear Space (Nasal reset → mouth-led activation → structured holds → controlled downshift)
10 minutes	The Container (Mouth activation → compressed ladder → nasal reset)
2 minutes	Rate your state 2 on video
3-5 minutes	Wrap and CTA on video
5 minutes	Complete Exit Cards, share brief reflections, or ground quietly before class ends - teacher-led

Snapshot Summary	● Techniques: Come Back Clear Space The Container ● Companion: 10-minute track ● Formative Self-Assessment and Safeguarding: Rate your state and exit card ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video
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Session 2 Techniques

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Come Back	Breath Mechanics: The 5-4-3-2-1 Attention Reset - in nose 4 out mouth 6
Clear Space	Breath Mechanics: Physiological Sigh + Active Breath (2:2) + Coherence (Nasal reset → mouth-led activation → structured holds → controlled downshift) Breath Holds ✓ Yes — inhale + empty holds Round 1: ~20s inhale → ~40s empty Round 2: ~30s inhale → ~60–90s empty Anchor Full-body squeeze on inhale → release on exhale Best For / If You're Feeling: • Mentally cluttered or distracted • Overthinking or stuck in your head • Preparing for exams, training, or performance • Starting your day and need direction • Want to feel clear, not overwhelmed
The Container	Breath Mechanics: Breath Ladder (Mouth activation → compressed ladder → nasal reset) Breath Holds ✓ Yes — short holds on full + final hold on empty ≈15s → ≈30s → optional ≈45s Best For / If You're Feeling: • Overwhelmed or emotionally charged • Angry, frustrated, or close to reacting • Impulsive or struggling to pause • Tension building in the body (jaw, chest, shoulders) • You need to stay in control under pressure • You want space before you respond