

Scheme of Work

Core Pathway to Regulation

50-Minute Pathway

Teacher Portal → Core Pathways → The 8-Week Core Programmes → **50-Minute Pathway**

Structure, Setup & Safeguarding

layersStructure

Main Lessons

8× 50-minute video-guided sessions

Companion Practice

2× 20-minute audio sessions per week (delivered in school)

Facilitation

Delivered by a lead teacher, supported by staff as required

settingsSetup

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)

securitySafeguarding

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

volume_up 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

accessibility

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.

menu_book

Preview & Prep

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

volunteer_activism

Lead with Permission

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

sync

Trust the Process

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

mood

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.

Teacher Portal → Core Pathways → The 8-Week Core Programmes → **50-Minute Pathway**

Week by Week

Overview and Lesson Plans

Main Lesson & Companion

Week 1	Lesson 1: Foundational Week – Building safety, curiosity and self-awareness	Companion: The First Light
Week 2	Lesson 1: Energy and Positivity Week – Boosting energy and first longer holds	Companion: The Climb
Week 3	Lesson 1: Empowerment Week – Breathing through strong emotions	Companion: Ash to Ocean
Week 4	Lesson 1: Deep Rest and Recovery – Learning how to tune in to tune out	Companion: Deep Rest
Week 5	Lesson 1: Focus and Creativity Week – Breaking through blocks creating space for clarity	Companion: Shift
Week 6	Lesson 1: Connection and Compassion Week – Opening the heart and practicing kindness towards self and others	Companion: Glow
Week 7	Lesson 1: Reset and Resilience Week – Training calm under pressure and learning to reset	Companion: Code Calm
Week 8	Lesson 1: Integration and Identity Week – Becoming the architect of the future self	Companion: The Forge

Session 1

Overview of the main lesson format and companion integration.

video_library

50-Minute Main Lesson

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

spa

Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.

Educator Tip: Drive Student Engagement

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

Teacher Portal → Core Pathways → The 8-Week Core Programmes → **50-Minute Pathway**

Session 1 Lesson Plan – Foundational Week

Session 1	Name: Foundational Week – Building safety, curiosity and self-awareness
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
6 minutes	Zen Breath (2-part inhale, empty hold) – teacher facilitates breathwork track
10 minutes	Calm and Connect (ladder 2:2 → 4s/8s/12s, holds) - teacher facilitates breathwork track
5 minutes	90 Second Rule (nasal 5:5 rhythm, 9 rounds) – teacher facilitates breathwork track
2 minutes	Integration on video
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: Zen Breath Calm & Connect 90 Second Rule ● Companion: The First Light ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Session 1 Techniques

Zen Breath	Breath Mechanics: Mouth inhale (belly → chest), passive mouth exhale. - Pattern Flow: 2-part inhale, soft release. Continuous rhythm. - Rounds & Holds: 2 rounds. Each ends with comfortable empty-lung hold. - Purpose: Builds focus, energy, and presence.
Calm & Connect	Breath Mechanics: Start: mouth 2-in / 2-out → then nasal inhale / mouth exhale. - Pattern Flow: Ladder: 4s → 8s → 12s. Each round slows the breath. - Rounds & Holds: 4 rounds, each ending with short empty-lung hold. - Purpose: Activates relaxation, deepens self-connection.
The 90 Second Rule	Breath Mechanics: Nasal only. - Pattern Flow: 5s inhale / 5s exhale × 9 cycles (~90s per round). - Rounds & Holds: 9 rounds. No formal holds. - Purpose: Emotional reset, nervous system coherence.
Companion:	
The First Light	Breath Mechanics: Two inhales through the mouth — belly first, then chest. - One relaxed exhale out the mouth. - Continuous circular flow: “In – in – out...” - Breath holds on empty after rounds (comfortable length, always student choice). - Teacher reminder: “You’re in control — take a sip of air if you need it.”
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 1 Techniques

Session 1	Name: The First Light – facilitated through one audio file
15 minutes	The First Light (in-in-out circular breath with empty holds)
5 minutes	Mini Meditation
1 minute	Exit Card Bridge & Outro
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: The First Light Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 2

Overview of the main lesson format and companion integration.

video_library

50-Minute Main Lesson

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

spa

Integrated Techniques

Trust the programme.

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2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.



Educator Tip: Drive Student Engagement

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

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Session 2 Lesson Plan – Energy & Positivity Week

Session	Name: Energy & Positivity Week – Boosting energy and experiencing first longer holds
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	NRG and Gratitude (diaphragmatic mouth breathing) – teacher facilitates breathwork track
25 minutes	Getting Great (circular breath, extended holds) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: NRG and Gratitude Getting Great ● Companion: The Climb ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Session 2 Techniques

NRG & Gratitude	Breath Mechanics: Mouth inhale (belly → ribs → chest), passive mouth exhale. - Pattern Flow: Deep diaphragmatic cycles, steady rhythm. - Rounds & Holds: Multiple rounds, each ending with empty hold. - Purpose: Builds energy and gratitude awareness.
Getting Great	Breath Mechanics: Two inhales through mouth (belly → chest), relaxed mouth exhale. - Pattern Flow: Flowing, circular rhythm (in-in-out). - Rounds & Holds: Rounds end with holds on empty. - Purpose: Builds vitality and focus, creates natural highs.
Companion:	
The Climb	Breath Mechanics: Stage 1: Nose in 4 / mouth out 6. Stage 2: Mouth only 4-in / 4-out. Stage 3: 3-in / 1-out. Stage 4: 2-in / 1-out → sprint 1-in / 1-out. -Final hold on a big inhale. -Teacher reminder: encourage full, comfortable breaths; students may slow down or sip air anytime.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 2 Techniques

Session 1	Name: The Climb – facilitated through one audio file
15 minutes	The Climb (4:6 → 4:4 → 3:1 → 2:1 → 1:1 sprint ladder, peak hold)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: The Climb Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 3

Overview of the main lesson format and companion integration.

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50-Minute Main Lesson

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Integrated Techniques

Trust the programme.

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2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.



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Session 3 Lesson Plan – Empowerment Week

Session	Name: Empowerment Week – Breathing through strong emotions instead of avoiding them
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	Ignition (fire breath, alkaline breath) – teacher facilitates breathwork track
25 minutes	Anger Management (strong mouth exhales, rhythm shifts, recovery) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: Ignition Anger Management ● Companion: Ash to Ocean ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Ignition	Breath Mechanics: Phase 1: sharp nasal exhales (fire breath). Phase 2: nose in 4 → hold → mouth out 6 (alkaline). - Pattern Flow: Fast exhalations → calm nasal/mouth ratio. - Rounds & Holds: Fire breath in bursts; alkaline with brief holds. - Purpose: Sparks energy, then restores calm.
Anger Management	Breath Mechanics: Start: nasal slow → active: strong mouth inhales/exhales. - Pattern Flow: Progressive rhythm shifts: slow nasal → forceful mouth cycles → long nasal recovery. - Rounds & Holds: Multiple active rounds, ending with calming recovery. - Purpose: Safe outlet for frustration, emotional release.
Companion:	
Ash to Ocean	Breath Mechanics: Start: Buteyko nasal breathing (in 2 / out 6). Round 1: Nose in 6 / forceful mouth out. Round 2: 3-in / 1-out with arm pulls. Round 3: 1-in / 1-out sprint. - Final deep inhale, gentle squeeze, then release with sound (sigh/growl/roar). - Teacher reminder: invite students to use arm-pulls bringing extra emphasis on building energy when guided to do so; allow pacing adjustments.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 3 Techniques

Session 1	Name: Ash to Ocean – facilitated through one audio file
15 minutes	Ash to Ocean (Buteyko 2:6 → forceful out → 3:1 arm pulls → 1:1 sprint, peak hold & release)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: Ash to Ocean Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 4

Overview of the main lesson format and companion integration.

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50-Minute Main Lesson

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Integrated Techniques

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20-Minute Sessions: Deliver in school during form time or within reset spaces.

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Session 4 Lesson Plan – Deep Rest & Recovery Week

1

Session	Name: Deep Rest Week – Learning how to tune in to tune out
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	NRG and Flow (strong mouth breathing, inhale holds) – teacher facilitates breathwork track
25 minutes	9D Nidra (gentle nasal breathing, deep rest) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: NRG and Flow 9D Nidra ● Companion: Deep Rest ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

NRG & Flow	Breath Mechanics: Strong full mouth inhales, relaxed mouth exhales. - Pattern Flow: Deep, continuous rhythm. - Rounds & Holds: Each round ends with short full-inhale hold. - Purpose: Energises body, activates focus.
9D Nidra	Breath Mechanics: Inhale nose, exhale nose. - Pattern Flow: Slow, soft, wave-like rhythm. - Rounds & Holds: Continuous flow, no structured holds. - Purpose: Induces deep rest, nervous system reset.
Companion:	
Deep Rest	Breath Mechanics: - Nasal in 4 / out 6. - Gentle inhales, extended soothing exhales. - Optional soft sighs for deeper relaxation. - Teacher reminder: model slower breathing; lying down when possible recommended but reclined and comfortably seated is fine.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 4 Techniques

Session 1	Name: Deep Rest – facilitated through one audio file
15 minutes	Deep Rest (Nose in 4 / mouth out 6 with long exhales)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: Deep Rest Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 5

Overview of the main lesson format and companion integration.

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50-Minute Main Lesson

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Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.



Educator Tip: Drive Student Engagement

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Session	Name: Focus and Creativity Week – Breaking through blocks and creating space for clarity
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	Breathe and Create Space (4:6 alkaline breath) – teacher facilitates breathwork track
25 minutes	Break the Block (breath ladder, empty-lung holds, recovery.) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: Breathe and Create Space Break the Block ● Companion: Shift ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Breathe & Create Space	Breath Mechanics: Nose in 4, hold, mouth out 6. - Pattern Flow: Gentle ratio, smooth rhythm. - Rounds & Holds: Holds at top before release. - Purpose: Creates clarity and mental spaciousness.
Break the Block	Breath Mechanics: Start: nose in/out 4:4 → then mouth progressive ladder (3-in/1-out → 2-in/1-out → 1-in/1-out sprint). - Pattern Flow: Builds intensity, finishes calm. - Rounds & Holds: Holds on empty at end of rounds, progressively longer. - Purpose: Breaks through resistance, builds focus.
Companion:	
Shift	Breath Mechanics: Round 1: 3-in / 1-out (mouth). Round 2: 2-in / 1-out (mouth). Round 3: 2-in / 1-out → sprint 1-in / 1-out. - Hold: inhale squeeze → exhale → empty hold. - Finish with nasal 4-in / 6-out. - Teacher reminder: normalise pauses or resets; encourage strong but safe activation. Demonstrate creating tension in body, time with breath release.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 5 Techniques

Session 1	Name: Shift – facilitated through one audio file
15 minutes	Shift (3:1 → 2:1 → 1:1 sprint ladder, empty-lung hold, nasal 4:6 close)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: Shift Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 6

Overview of the main lesson format and companion integration.

video_library

50-Minute Main Lesson

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

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Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.



Educator Tip: Drive Student Engagement

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

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Session 6 Lesson Plan – Connection & Compassion Week

Session	Name: Connection and Compassion Week – Opening the heart and practising kindness towards self and others
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	Anxiety Massage (segmented 4-7-8) – teacher facilitates breathwork track
25 minutes	Heart of Connection (circular breath, holds and affirmations) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: Anxiety Massage Heart of Connection ● Companion: Glow ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Anxiety Massage	Breath Mechanics: Nose in 4 → hold 7 → mouth out 8 (segmented). - Pattern Flow: Rhythmic segmented inhale and exhale. - Rounds & Holds: Several cycles, finish with soft nasal reset. - Purpose: Reduces anxiety, deep calming effect.
The Heart of Connection	Breath Mechanics: Mouth in twice (belly → chest), mouth out once. - Pattern Flow: Continuous circular rhythm. - Rounds & Holds: End with breath holds + affirmations (“bubbles”). - Purpose: Opens heart space, builds compassion and connection.
Companion:	
Glow	Breath Mechanics: - Baseline: 2-in / 1-out (mouth). - Transition: 1-in / 1-out sprint. - Hold: full inhale → exhale to empty → hold. - Bubble ritual: nasal sip inhale → hold → slow release. - Teacher reminder: tingles/lightness are normal; students are always in control. As always taking an extra breath where needed.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 6 Techniques

Session 1	Name: Glow – facilitated through one audio file
15 minutes	Glow (1:1 sprint ladder, bubble ritual holds)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: Glow Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 7

Overview of the main lesson format and companion integration.

video_library

50-Minute Main Lesson

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

spa

Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.

Educator Tip: Drive Student Engagement

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

Session	Name: Reset and Resilience Week – Training calm under pressure and learning to reset
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	One Minute Reset (coherent breath → 1-minute cycle 20/20/20) – teacher facilitates breathwork track
25 minutes	The Calm Code (30s inhale holds, recovery time decreases) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: One Minute Reset The Calm Code ● Companion: Code Calm ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

One Minute Reset	Breath Mechanics: Start: nasal 5 in / 5 out → challenge: 20s inhale / 20s hold / 20s exhale. - Pattern Flow: Steady coherence → long, slow challenge breath. - Rounds & Holds: 1-minute cycle (inhale, hold, exhale). - Purpose: Builds resilience, teaches calm under stress.
The Calm Code	Breath Mechanics: Slow nasal breathing. - Pattern Flow: 30s full inhale holds, recovery time shortens each round. - Rounds & Holds: 8 rounds, each with 30s full hold, descending recovery. - Purpose: CO₂ tolerance training, nervous system strength.
Companion:	
Code Calm	Breath Mechanics - Soft nasal tidal breathing baseline. - 8 rounds of full-inhale holds (~15–20s each). - Recovery windows shorten each round. - Finish with CO₂ clearing breaths (longer exhales). - Teacher reminder: emphasise choice; early release is fine. Slow nasal breathing for recovery.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 7 Techniques

Session 1	Name: Code Calm – facilitated through one audio file
15 minutes	Code Calm (20s inhale holds × 8 rounds, shorter recovery each time)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: Code Calm Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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Session 8

Overview of the main lesson format and companion integration.

video_library

50-Minute Main Lesson

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

spa

Integrated Techniques

Trust the programme.

headset

2x Companion Tracks

20-Minute Sessions: Deliver in school during form time or within reset spaces.



Educator Tip: Drive Student Engagement

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

Session	Name: Integration and Identity Week – Becoming the architect of your future self
3-5 minutes	Introduction and theme setting on video
2 minutes	Rate your state 1 introduced on video, facilitated by teacher during timer
2 minutes	Gratitude and Grumble – the 2 G’s introduced on video, facilitated by teacher during timer
7 minutes	Fast in Four (energising cycles, short holds, body squeeze) – teacher facilitates breathwork track
25 minutes	The Architect (wave breathing, full-body squeeze, long empty hold) – teacher facilitates breathwork track
2 minutes	Integration
2 minutes	Rate your state 2 on video, facilitated by teacher during timer
3-5 minutes	Group sharing on video, facilitated by teacher during timer
2-5 minutes	Wrap and CTA on video
Snapshot Summary	● Techniques: Fast in Four The Architect ● Companion: The Forge ● Formative Self-Assessment and Safeguarding: Rate your state ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via screen/video

Fast in Four	Breath Mechanics: Nose in/out equal → then fast mouth breathing. - Pattern Flow: Short sharp cycles (4 quick inhales, strong exhale). Includes body squeeze. - Rounds & Holds: Short breath holds after rounds. - Purpose: Boosts energy and focus.
The Architect	Breath Mechanics: Mouth in, full diaphragmatic wave through belly → chest → ribs → heart. Passive release out. - Pattern Flow: Active inhale, passive exhale loop. - Rounds & Holds: Full-body squeeze on hold, then exhale → long empty-lung hold (~1 min). - Purpose: Expansion, surrender, identity integration.
Companion:	
The Forge	Breath Mechanics: - 2-in / 1-out (mouth; deep diaphragmatic wave). - Escalate intensity with stronger, heavier breaths. - Holds: full inhale hold → exhale hold. - Recovery with soft nasal breathing. - Teacher reminder: encourage strong posture; full breathing, guide smooth return to calm.
Meditation	Guided calming body awareness. - Students relax into parasympathetic state. - Anchor the practice with gentle release and return to the room.

Companion Session 8 Techniques

Session 1	Name: The Forge – facilitated through one audio file
15 minutes	The Forge (2-in / 1-out hammer breath, escalating, full + empty holds, recovery.)
5 minutes	Mini Meditation
2-3 minutes	Exit Card Invitation facilitated by teacher to check state of wellbeing

Snapshot Summary	● Techniques: The Forge Mini Meditation ● Formative Self-Assessment and Safeguarding: Exit cards ● Inclusivity: Seated/lying, volume & eye mask options Session delivered via one audio track
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