

Learning to Breathe FAQs

What is Learning to Breathe and why are we spending class time on this?

Learning to Breathe is a research-based program that provides beneficial tools and support for students during a sensitive period of development when the brain is rapidly changing. The skills learned in Learning to Breathe help students learn to focus, regulate emotions, and control their impulses all of which will benefit them in and out of the classroom.

What will my student be doing?

Students will learn a variety of mindful practices that they can continue at home or in the classroom using recordings that will be sent home and shared with classroom teachers to use as they see fit. Practices include some gentle stretching, a variety of ways to be calm responding to challenging thoughts, emotions or feelings in the body.

Where do I find more detail about the program?

You can learn more about the program structure by watching this video or referring to these websites.

- **Learning to Breathe - Mindfulness Classes for Youth**

www.youtube.com/watch?v=XtDxxPvL93o

- **www.dbh Utah.org/L2B**

- **www.learning2breathe.org**

Who will be teaching the program?

Trained instructors from Davis Behavioral Health will be delivering the curriculum under the supervision from the lead team of Learning to Breathe teacher trainers.

Classroom teachers will be present during the sessions to support and participate along with students.

Has this been taught in Davis County before?

Since 2018, Davis Behavioral Health has been training school counselors and classroom teachers to bring Learning to Breathe into secondary schools in Davis School District.

In the 2021-22 school year, 4 elementary schools piloted the Learning to Breathe program in 6th grade classrooms.

With the support of a grant from the State of Utah, the program will be offered widely across the district to 6th grade classrooms in over 48 elementary schools in 2022-23.

Is there any science supporting this program?

An extensive amount of research has been published on the effectiveness of the Learning to Breathe program. You can review those studies here:

<https://learning2breathe.org/research-summary-table/>

Are there parent support materials?

Yes, the following materials are included in the Parent Toolkit:

- BREATHE Handout & recording library

- Mindful Pause, Feelings Chart, & Body Outline

- L2B Discussion Card Deck

- EveryDay Strong Parent Handbook & invitation to presentation

- Davis Behavioral Health Prevention Class Resources
