

Learning to Breathe Parent Toolkit

We are delighted that your child is participating in the Learning to Breathe (L2B) program in their classroom this school year. L2B 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 L2B help students learn to focus, regulate emotions, and control their impulses all of which will benefit them in and out of the classroom.

We hope that the following resources support you learning alongside your child and utilizes these skills at home. Your toolkit involves the following:

BREATHE Handout & Recording Library

- This handout is a snapshot of the themes included in the L2B curriculum.
- You will find suggestions for home practice for each of the themes, along with a QR code with a link to the library of mindfulness recordings that accompany this curriculum. (www.dbhutih.org/L2B)
- This handout could ideally be placed on your refrigerator for regular reminders to practice.

Mindfulness Practice Poster

- Daily mindfulness practice using the recordings is a wonderful way to support your child. It is helpful to remember that mindfulness practice is most successful when it is offered as an invitation, rather than a requirement.
- Practices in the recording library are grouped according to themes; your child may also choose any practices from the Daily Doses and Mini Movement sections.
- The attached poster can be used as a fun way for your child to track the days they practice.

Mindful Pause, Feeling Chart, Body Outline

- If your child is encountering a difficult emotion, or seems to be experiencing stress, we invite you to use the Mindful Pause handout, with accompanying feelings chart and body outline. This handout includes a parent instruction side as well as a side for your child. Follow along the steps of the handout to support your child in identifying what they are experiencing (reference the feelings wheel), where in their body they sense the emotion (utilize the body outline and dry erase marker), and what support they may need.

Learning to Breathe Discussion Card Deck

- This is a card deck of questions to spark discussions between you and your child. The questions are organized according to the themes in the L2B curriculum. We hope you have fun and meaningful conversations as you use this deck.

Davis Behavioral Health Prevention Resources

- Davis Behavioral Health offers many community classes and other resources to support your family.

EveryDay Strong Parent Handbook

- EveryDay Strong is a framework for understanding mental and emotional health. We offer 90-minute presentations on this framework. We hope you enjoy reviewing this handbook and will register to attend a presentation.