

# Breathe in, breathe out

## Helping your Students Build Resiliency

**Intentional Breathing Tip:** Your inhale and exhale breaths should be heartfelt, deep, slow, and even. Try counting to 4-5 seconds for the inhale and 4-5 for the exhale.

### BENEFITS OF BREATHING TECHNIQUES

(based on a recent study with 9th grade students)



**Intentional** breathing can help you and your students manage stress and bounce back after problems



Practicing your breathing can have a positive impact on you and your student's wellbeing



Breathing helps navigate relationships and interactions with others



Breathing prompts self-reflection and self-compassion



Breathing can help you and your students keep your brain and body in sync

### Program Overview

SMART BRAIN WISE HEART is a social and emotional learning program for students ages 9-16 that empowers them to make smarter decisions and improve self-control.

### Evidence-Based Results

NORC conducted this study to evaluate the effects of the program on children's wellbeing.

- Fall 2021 & Spring 2022 Fielding Period
- 1,519 student surveys

### To Learn More

**HEART MATH FOR TEACHERS**  
<https://www.heartmath.org/education/classroom-programs/>

**SMART BRAIN WISE HEART**  
<https://sbwh-cdc.heartmathelearning.org/>

**SEE RESEARCH RESULTS HERE**  
[https://goalresilience.norc.org/posts/everyone/001\\_smart-brain-wise-heart/001\\_smart-brain-wise-heart.html](https://goalresilience.norc.org/posts/everyone/001_smart-brain-wise-heart/001_smart-brain-wise-heart.html)