

Breathing - Middle School Science Teacher

Breathing and Testing

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=K3N63FD3EDI](https://www.youtube.com/watch?v=K3N63FD3EDI)

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SUMMARY

The speaker discusses the challenges children face with testing stress and the strategies implemented to help them focus and perform better. By incorporating breathing techniques and movement exercises in the classroom, the speaker has observed significant improvements in students' concentration and overall performance during assessments.

- *Testing creates significant stress for students at various levels.*
- *The speaker uses breathing techniques and movement activities to help students calm down.*
- *Techniques include hand wiggling, neck stretches, and shoulder rolls to relieve tension.*
- *These activities take only a minute or two but have a noticeable positive impact on focus and grades.*
- *Students have become accustomed to these calming practices and remind the teacher when they are not used.*
- *The approach fosters a supportive environment that enhances students' readiness for assessments.*

one of the kids' struggles is dealing with testing and they get stressed out we've got testing at every level from the state test to the local test and there's a lot of pressure on them so I really had to find something to help them calm down so I could get their best work from them so I've started doing some techniques with the kiddos we do some breathing techniques I they like wiggling their hands they like being up

and moving so we do some various things in the classroom to help them regain that Focus so it's it's helped out I noticed since I started doing it cuz I used to not do it and then I added it and my kids are better focused and that really makes a huge difference in what their grades are so I I do it all the time it doesn't take but like a minute or two from my time and we alternate

what we do with the kids so they like you know up and moving kind of things but I try to always stop on a calming thing so that they can regain the focus and be successful on whatever I'm asking them to do in their assessment we're about to take our science CBA remember that's that nine weeks you are ready we have prepared okay so let's just regain our Focus so we are ready to go take your hands rub them together as you're

rubbing breathe in you're breathing in calm shake out that worry okay Breathe In Focus you got this breathe out concern okay breathe in remembering you got this kiddos as you shake it out take those

warm hands and put it wherever you're feeling that stress for me it's the back of my neck I notice some of y'all notice forehead is where you feel stress okay oh I heard a pop there bend your neck forward relax it a little bit

relax those muscles cuz we feel stress there bend it back a little bit oh that feels good side to side okay roll the shoulders around a little bit Shake It

Out have a seat pick up your pencils and you may begin I'll be walking around checking on you as you're working it doesn't seem like much but it's so valuable for the kids that it's worth me giving up that little bit of time on

their test and when I don't do it they remind me so it has become something that's very valuable to them