

The Spider-Man

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=YMZ4N-GGN0U](https://www.youtube.com/watch?v=YMZ4N-GGN0U)
<https://www.youtube.com/watch?v=ymz4N-gGN0U>

SUMMARY

The session introduces a breathing exercise called "Spider-Man," developed by fifth-grade students. This strategy encourages mindfulness and relaxation through visualization and physical movement, enhancing students' emotional regulation.

- The "Spider-Man" breathing technique involves inhaling deeply while mimicking a Spider-Man pose and exhaling as if releasing a spider web.*
- Students create their own breathing strategies, which are visually documented and displayed in the school.*
- The exercise emphasizes the importance of breathing for emotional regulation and mindfulness.*
- Engaging students in creating and practicing these techniques fosters ownership and creativity in their emotional wellness.*
- The session includes a guided practice of the breathing technique, emphasizing repetition for effectiveness.*

So today we're going to do one called the Spider-Man which uh a lot of our male students came up with in fifth grade so something for my school that we like to do is students come up with their own breathing strategy we take visual pictures of them doing the breathing and then we put them throughout the school or in the classroom so they can see themselves doing the breathing just a little tip okay we're going to breathe in when we breathe in we well this is the Spider-Man okay when we breathe in we breathe in we go and then we we breathe out we like release the spider web so we go okay so we're going to do that let's let's do it a full three times okay okay all right Breathe In and Out breathe in and

out one more time big deep breath
in and exhale longer
out okay thank you thank you