

FOCUS5

THE EXERCISES:

- Consist of 5 steps each.
- Take less than 5 minutes each.
- Provide clear, simple instructions.
- Benefit students and teachers simultaneously.
- Require no experience or prior learning.
- Require no investment of resources from the school or district.



Short breathing exercises to help students focus

Students in today's classrooms face more distractions than ever, but learning requires focus. In a SERP partnership with the Baltimore City Public Schools, a team pulled evidence from a broad research base that suggests **deep breathing** can **reduce stress** and **improve one's ability to focus and sustain attention**. The team worked with teachers and students to identify a strategy to incorporate that knowledge within the daily routines of the classroom. The result? Focus 5—a set of classroom-ready exercises designed to minimize distraction and develop a greater focus for learning.

All exercises are freely downloadable!
serpinstitute.org/focus5

Also available:

- Slides to introduce students to Focus 5
- Recordings of each exercise

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"I think the most surprising thing has been the students I expect to be most resistant, it works the best for. It's almost like it's a reset button."

Bethany Davis, Teacher - Baltimore City Schools

"Teachers are really, really busy. We have a lot of stuff going on. To be in that calm space and have that calm moment with them, and for them to see you also being calm is worth it."

CaTrish Griffin, Teacher - Baltimore City Schools