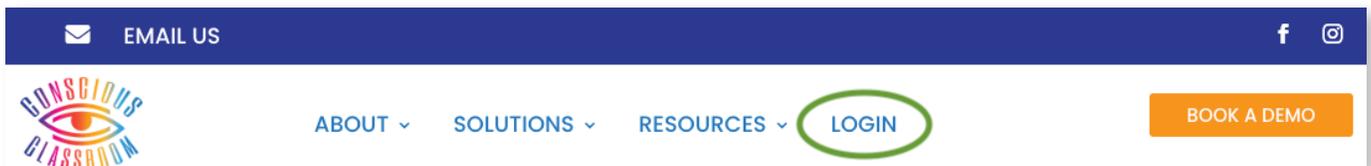


Welcome to Conscious Classroom

Let's get started!

Visit the Conscious Classroom website at www.consciousclassroom.com.
We recommend saving this page as a favorite!

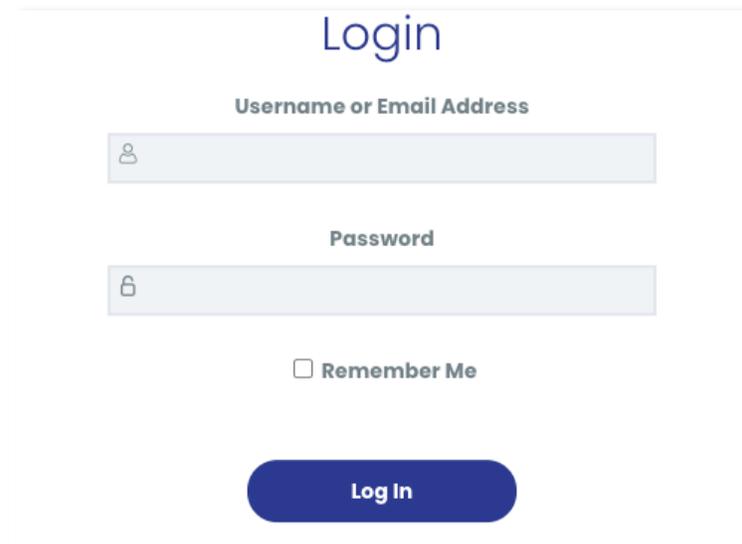
Select the blue **LOGIN** link at the top right corner of the screen:



Enter username and password:

Username: (first letter of first name last name)

Password: your chosen password

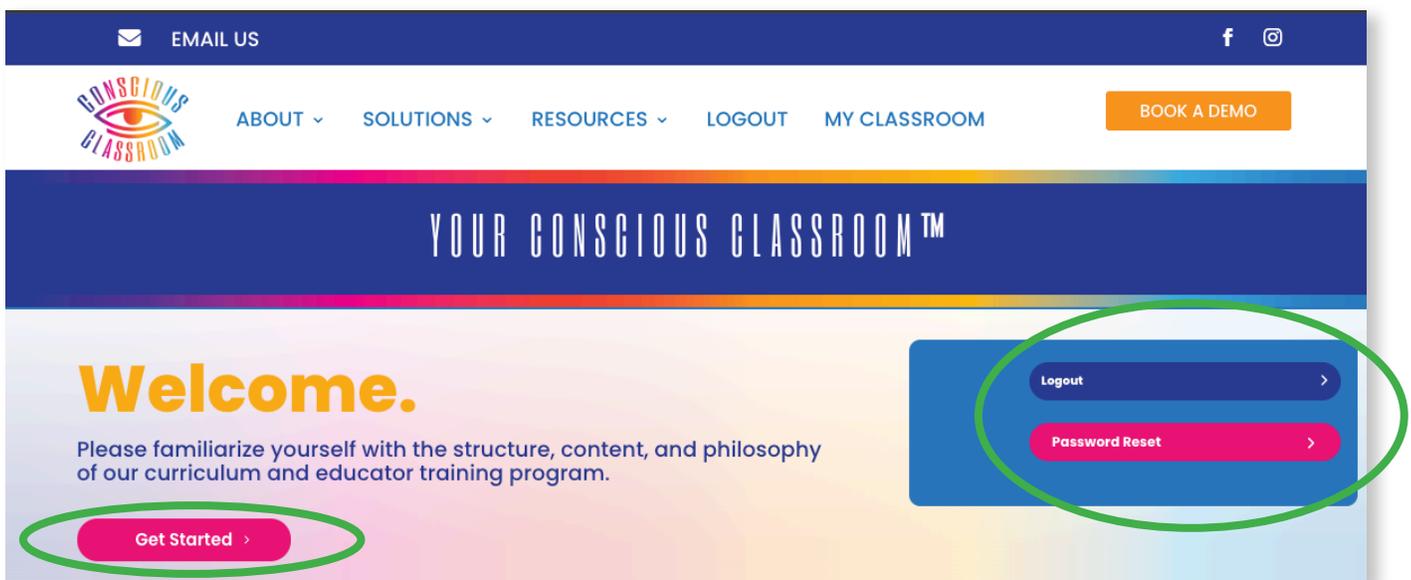
A screenshot of the login form on the Conscious Classroom website. The form is titled 'Login' and has a white background. It contains two input fields: 'Username or Email Address' and 'Password'. The 'Username or Email Address' field has a person icon on the left. The 'Password' field has a lock icon on the left. Below the input fields, there is a checkbox labeled 'Remember Me'. At the bottom of the form, there is a blue button with the text 'Log In'.

MY CLASSROOM

Once logged in, click on [My Classroom](#) to access your assigned Courses.



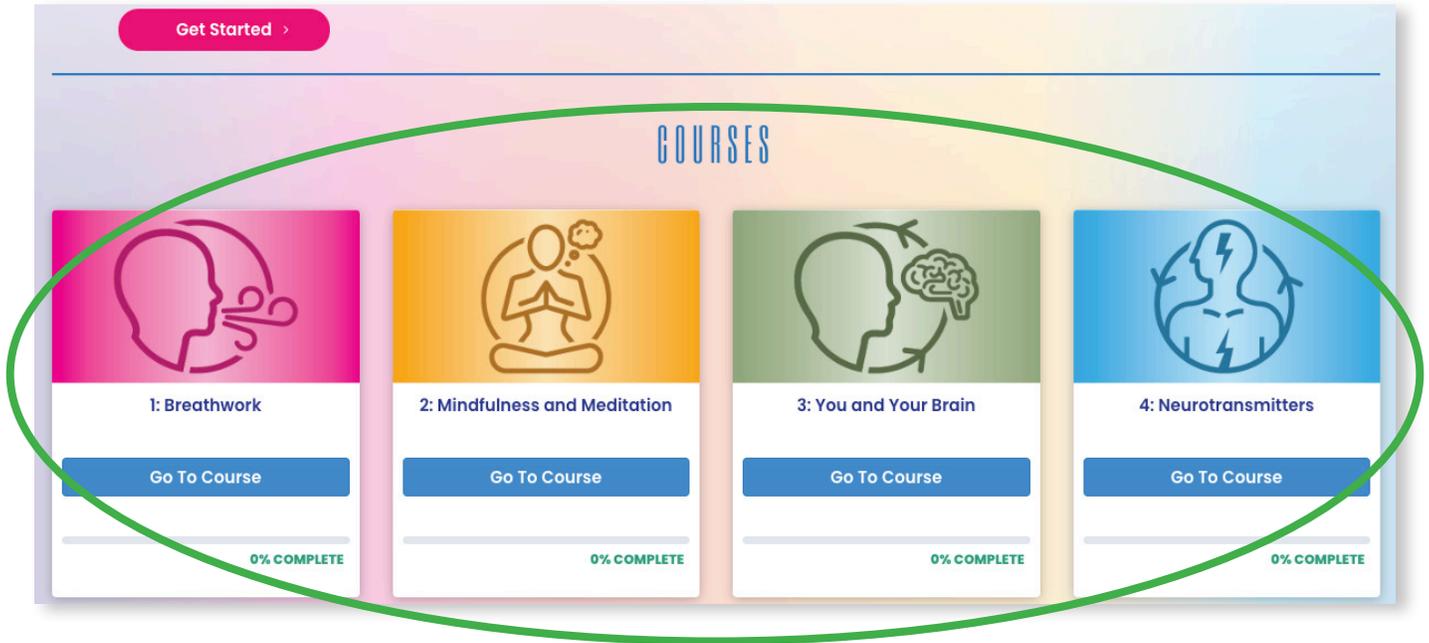
To logout, click [Logout](#) on the right.
To reset your password, click [Reset Password](#) and follow the steps.



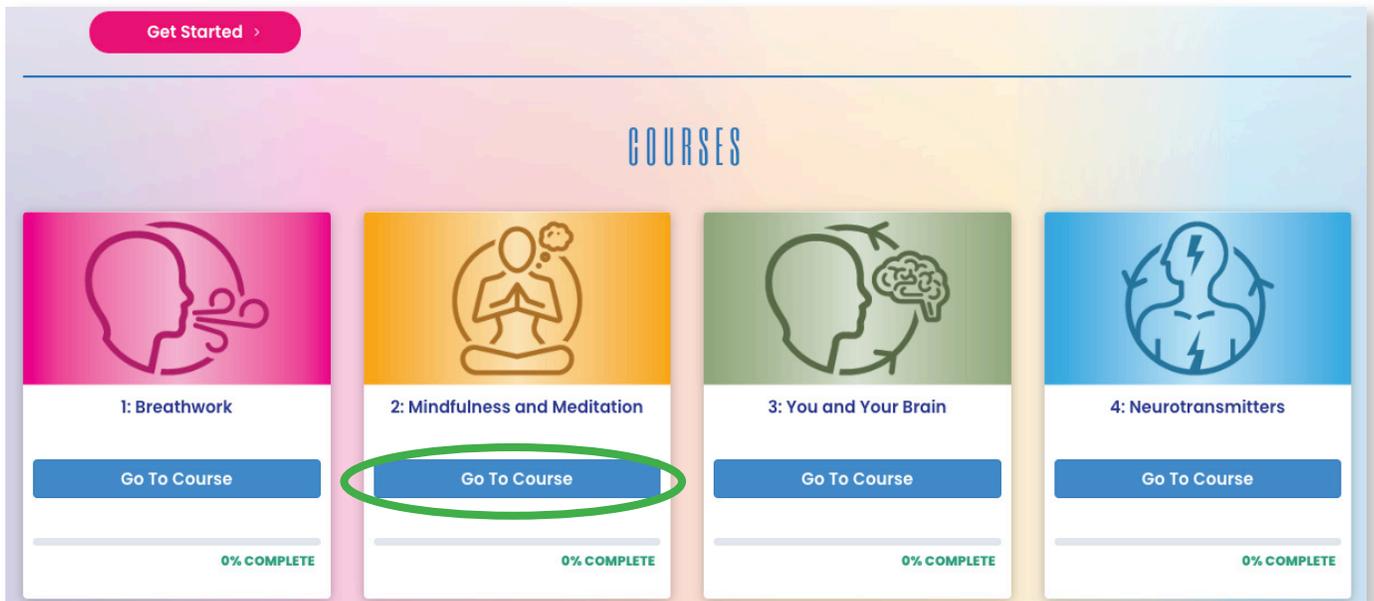
Click [Get Started](#) to view a Welcome video message from our Founder, Stacy Hemingway, and access our User Guide.

MY CLASSROOM

Courses designated with a number (1: Breathwork, 2: Mindfulness and Meditation, 3: You and Your Brain, etc.) are designed to be taught in consecutive order.



To access Course lesson plans, click **Go To Course**.



MY CLASSROOM – COURSES

Each Course opens with a summary of the Course objectives.



Breathwork

Decrease anxiety and stress through controlled breathing practices.

Encourage students to breathe in a way that feels comfortable.

With regular practice, breathwork can strengthen their lungs, build endurance, and increase vitality.

MY CLASSROOM – USER GUIDE

Next, a User Guide explains the Structure and Content of each course. The **Student Well-Being** curriculum follows the 4As Philosophy of Conscious Classroom: **Awake, Aware, Align, and Activate.**

USER GUIDE

Our Course Materials Highlight the 4 A’s Philosophy of Conscious Classroom™

Please take some time to familiarize yourself with our content and layout before beginning your Conscious Classroom course. This will help you feel prepared and confident in delivering the lesson effectively.

Structure

Content

Help

Conscious Classroom™ course content is organized into four sections that highlight our 4 A’s Philosophy.



Awake.

Open each lesson with a practice that awakens your senses.



Aware.

Enhance your awareness, deepen your knowledge, expand your mindset.



Align.

Align your mind and your body through physical practice.



Activate.

Activate and embody what you have learned in your daily routine.

Below are graphic, audio, and video libraries and journal prompts for use in tandem with the course content. Library content is also accessible in the **Movement Poses and Practices Module.**

MY CLASSROOM – USER GUIDE

Course Lesson plans open with an introductory section outlining **Learning Outcomes** and **Casel-5 Competencies** covered within the Lesson.

USER GUIDE

Our Course Materials Highlight the 4 A's Philosophy of Conscious Classroom™

Please take some time to familiarize yourself with our content and layout before beginning your Conscious Classroom course. This will help you feel prepared and confident in delivering the lesson effectively.

Structure

Content

Help



Lesson 5: Breathwork for Stress Reduction

Learning Outcomes 1

Students will:

- Learn how to identify symptoms of stress
- Learn how to identify the impacts of the Fight or Flight Response on their body
- Learn how to use breathwork as a tool to regulate their nervous systems
- Learn how to slow down their breath and build their mindfulness muscle

CASEL-5 Competencies 2

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Relationship Skills
- Social Awareness

3

Google Slides of Lesson 5 Download PDF of Lesson 5

5

Mark Complete Mark Lesson

Each lesson plan opens with an introductory section that outlines:

1. **Learning Outcomes** students will learn
2. **CASEL-5 Competencies** that are covered within the lesson content
3. **Downloadable PDFs and Google Slides** of the Lesson content
4. **4 As Navigation** allows you to quickly and easily navigate lesson plan content by clicking on the corresponding square*
5. **Lesson Completion** allows you to track your progress through the curriculum. Make sure to mark each Lesson as "Complete" when finished.

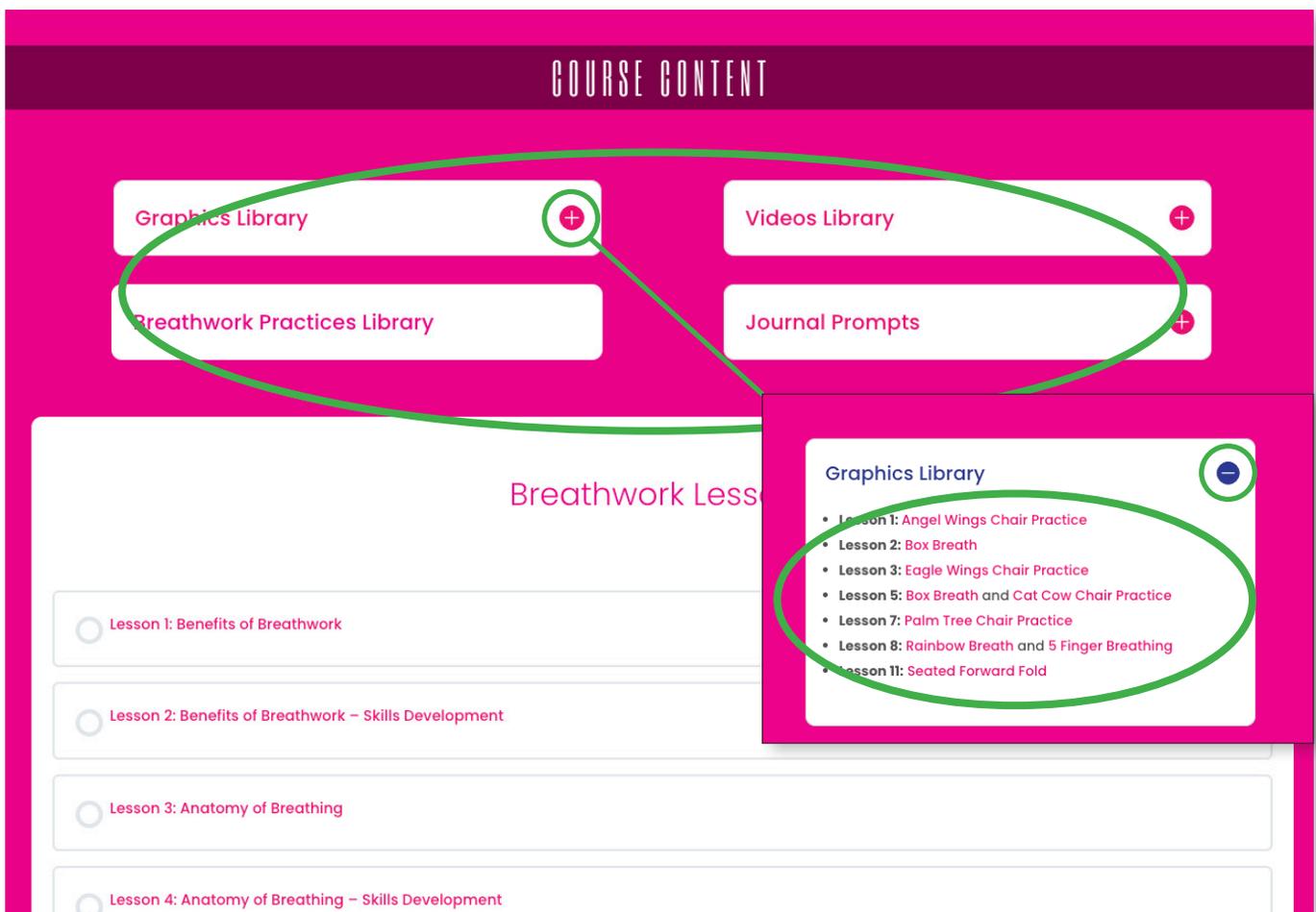
*Lessons are designed for delivery in sequential order: Awake, Aware, Align, Activate.

An average time allocation is listed to help you plan and manage class time.

MY CLASSROOM – COURSE CONTENT

Course Content contains **Libraries** of Graphics, Video, Audio, and Journal Prompts that align with the **Lesson Plans**. Each **Library** can be accessed by clicking on the **+** sign to open. To close the **Library**, click the **-** sign.

Within each **Library**, all links to Graphics, Video, Audio, and Journal Prompts are accessible by clicking on the individual links provided.



The screenshot displays the 'COURSE CONTENT' interface. At the top, there are four library buttons: 'Graphics Library', 'Videos Library', 'Breathwork Practices Library', and 'Journal Prompts'. Each button has a '+' sign in a circle. A green oval highlights these buttons. A callout box points to the 'Graphics Library' button, showing a detailed view of the library. This view includes a title 'Graphics Library' with a '-' sign in a circle, and a list of lessons:

- Lesson 1: Angel Wings Chair Practice
- Lesson 2: Box Breath
- Lesson 3: Eagle Wings Chair Practice
- Lesson 5: Box Breath and Cat Cow Chair Practice
- Lesson 7: Palm Tree Chair Practice
- Lesson 8: Rainbow Breath and 5 Finger Breathing
- Lesson 11: Seated Forward Fold

Below the library buttons, the 'Breathwork Lessons' section is visible, showing a list of lessons with radio buttons:

- Lesson 1: Benefits of Breathwork
- Lesson 2: Benefits of Breathwork – Skills Development
- Lesson 3: Anatomy of Breathing
- Lesson 4: Anatomy of Breathing – Skills Development

MY CLASSROOM – COURSE CONTENT

The **Video Library** also contains a Supplemental Video Class for each Course. It is accessible as the last video in the list.

COURSE CONTENT

Graphics Library +

Videos Library +

Breathwork Practices Library

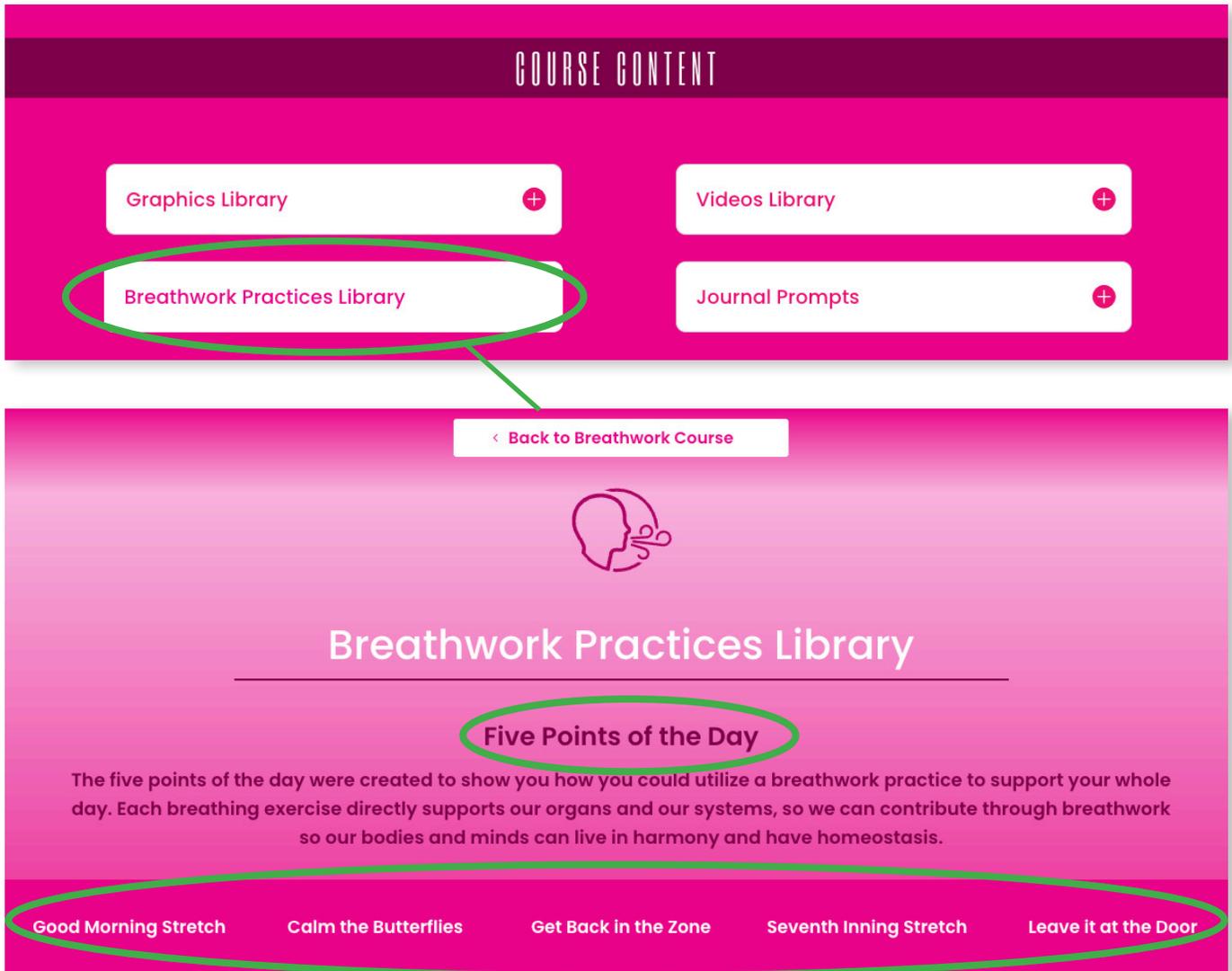
Journal Prompts +

Video Library
–

- **Lesson 1:** Ocean Breath and Benefits of Breathwork
- **Lesson 2:** Box Breath, TV Breath and Benefits of Breathwork
- **Lesson 3:** Belly Breath and Anatomy of Breathing
- **Lesson 4:** Ribcage Breath, Lizard on a Rock and Movement for How We Breathe
- **Lesson 5:** Box Breath and Breathwork for Stress Reduction
- **Lesson 6:** Heart and Belly Breath, Three-Part Breath and Breathwork for Stress Reduction
- **Lesson 7:** Alternate Nostril Breathing and Skull Shining Breath
- **Lesson 8:** Rainbow Breath and Breathwork for Problem-Solving – Nervous System
- **Lesson 9:** Buzzing Bee Breath and Breathwork for Compassion
- **Lesson 10:** Sleepy Time Breath and Skills Development PE Practices
- **Lesson 11:** Bellows Breath, Breathwork as an Ally, and Breath of Joy
- **Lesson 12:** Breathwork as an Ally
- **Supplemental Video Class: Breathwork**

MY CLASSROOM – COURSE CONTENT

Clicking on the **Breathwork Practices Library** link takes you to a **Library** of all our Breathwork Practices seperated into the **Five Points of the Day**.



COURSE CONTENT

- Graphics Library +
- Breathwork Practices Library**
- Videos Library +
- Journal Prompts +

[← Back to Breathwork Course](#)



Breathwork Practices Library

Five Points of the Day

The five points of the day were created to show you how you could utilize a breathwork practice to support your whole day. Each breathing exercise directly supports our organs and our systems, so we can contribute through breathwork so our bodies and minds can live in harmony and have homeostasis.

- Good Morning Stretch
- Calm the Butterflies
- Get Back in the Zone
- Seventh Inning Stretch
- Leave it at the Door

MY CLASSROOM – COURSE CONTENT

Breathwork Practices are accessible by clicking on each one of the **5 Points of the Day** links provided:

**Good Morning Stretch • Calm the Butterflies • Get Back in the Zone
Seventh Inning Stretch • Leave it at the Door**

Each link provides a description and associated videos.

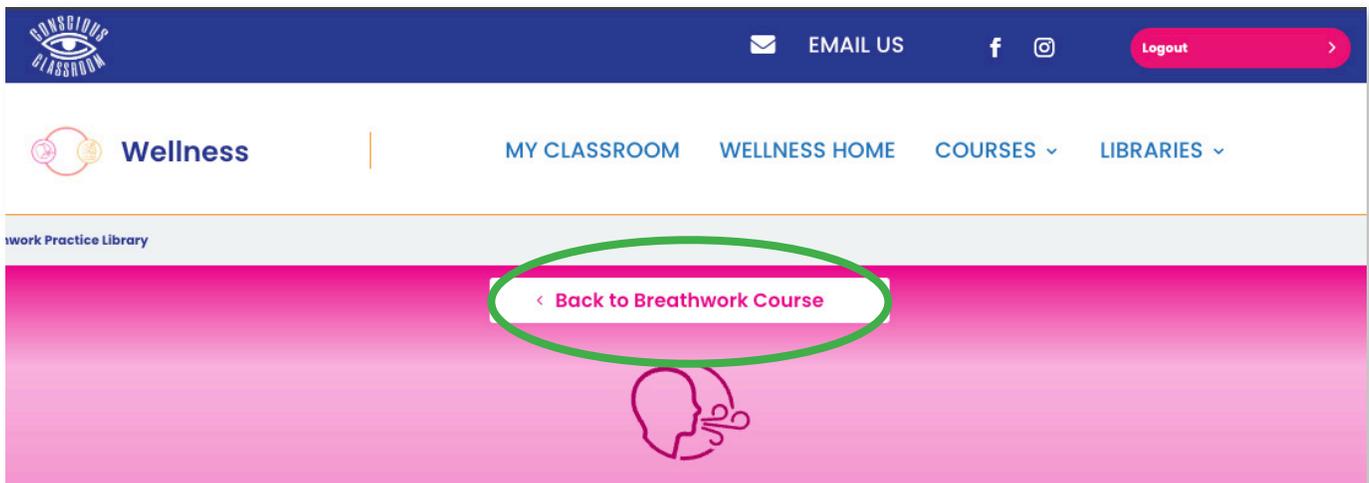


Good Morning Stretch

- A morning wake-up practice, or a “Good Morning Stretch,” can gently awaken the mind and body from our slumber, making us more awake and alert.
- It asks us to check in with ourselves to make good choices.
- Our breathing taps us into our bodies energetically to become efficient throughout the day.
- Our breathwork practice sets the tone of our day, our mindset, and how we see and experience the world.

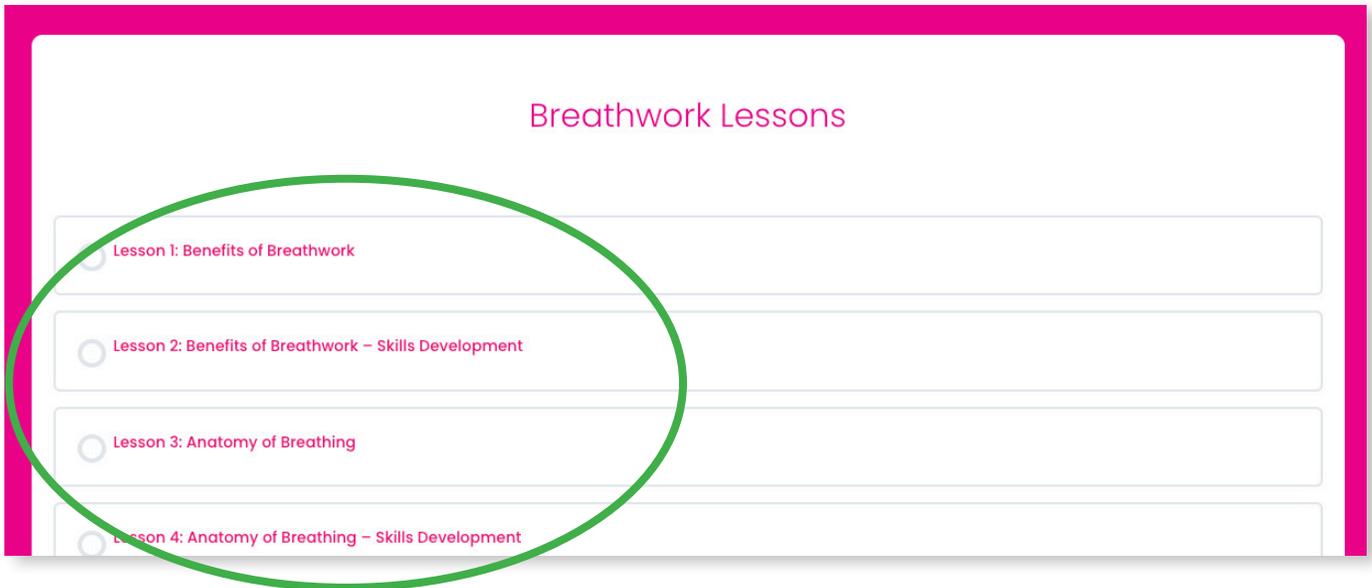
[Belly Breath](#) • [TV Breath](#) • [Ocean Breath](#) • [Alternate Nostril Breath](#)

Click the **Back to Breathwork Course** button to get back to the main Breathwork course page.



MY CLASSROOM – COURSE CONTENT

Individual Lesson Plans are accessible by clicking on the **Lesson** links.
Lesson Plans are designed to be taught in sequential order.

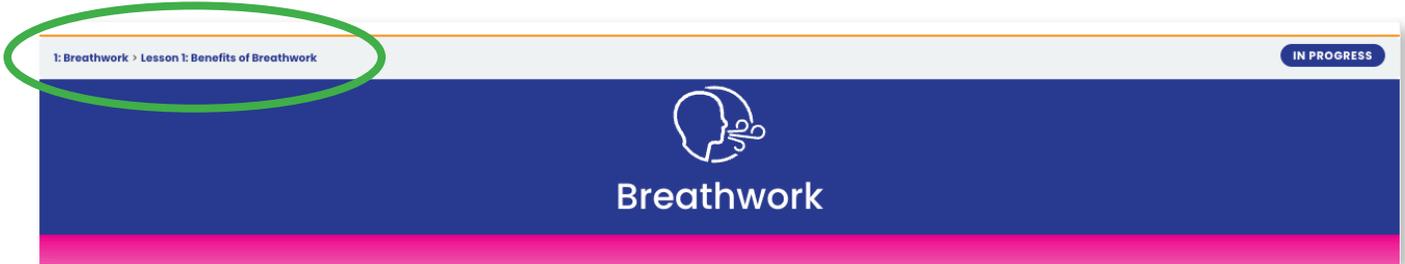


Breathwork Lessons

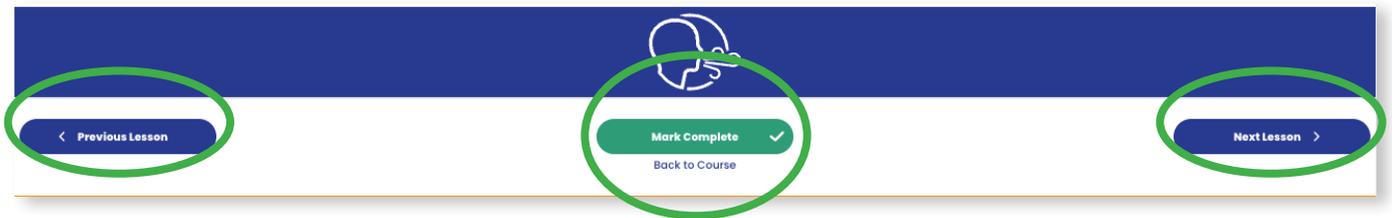
- Lesson 1: Benefits of Breathwork
- Lesson 2: Benefits of Breathwork – Skills Development
- Lesson 3: Anatomy of Breathing
- Lesson 4: Anatomy of Breathing – Skills Development

MY CLASSROOM – COURSE CONTENT

At the top of the screen is a navigation link to return to the main **Course** page.



There are various ways to navigate within a lesson plan. Follow the navigation links located at the top and bottom of your screen to navigate back to the main Course page, the previous lesson, or the next lesson. Please click the **Mark Complete** button at the bottom of each Lesson page to track your progress.



MY CLASSROOM – LESSON CONTENT

Lesson 1: Benefits of Breathwork

Learning Outcomes

Students will:

- Learn controlled breathing practices
- Use breathwork to limit distractions
- Increase their concentration skills
- Learn how to manage their cognitive energy at the same time as learning to regulate their body
- Learn how to retain information more efficiently
- Become aware of their basic needs at the moment: rest, water, food

CASEL-5 Competencies

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Relationship Skills
- Social Awareness



[Google Slides of Lesson 1](#)

[Download PDF of Lesson 1](#)

Learning Outcomes and associated **CASEL-5 Competencies** are listed at the top of each Lesson page. Downloadable PDFs and Google Slides are provided.

Each **Lesson** is structured according to **Conscious Classroom™ 4 As Philosophy**:

Awake, Aware, Align, Activate

You can navigate to each section of the **Lesson** by clicking on any of the squares in the 4As graphic. Lesson Plans are designed to be taught in sequential order starting with **Awake, Aware, Align**, and finally **Activate**.

MY CLASSROOM – LESSON CONTENT

Our 4 As curriculum design invites students to **Awaken** their consciousness, build their **Awareness**, **Align** their mind and body, and **Activate** their learning through a variety of interactive activities:

- Class discussions
- Writing prompts
- Breathwork videos
- Movement videos
- Audio meditations
- Downloadable Graphic PDFs
- Downloadable Chair and Pose Card PDFs
- Activities to do IRL (In Real Life)

Awake

Awakening Practice

Awaken your senses with a **Breathwork** practice.

Consider the following question: What's going on in your life (now or in the past) that causes you to be distracted from your school studies?

Educator Note: Set a timer for 4 minutes and ask students to answer the question non-judgmentally with stream-of-consciousness writing. Discuss steps they currently take to help them improve their concentration, then segway to *Breathwork Practice #1, Ocean Breath*.

Ocean Breath

Ocean Breath is the foundational building block of breath.

It can be used any time of the day to help increase concentration and focus.

Educator Note: Set a timer for 2 minutes and guide the class through *Breathwork Practice #1, Ocean Breath* (also referred to as *ocean breathing*).



Aware

Awareness Practice



Consider the following question:

What is the impact of breathwork on your body and your mind?

Suggestions:

- Brings you into the present moment
- Helps regulate your emotions
- Reduces anxiety and stress
- Helps regulate your nervous system
- Lowers your heart rate
- Signals neurotransmitters—the “feel good” hormones—to fire in your brain
- Increases the flow of oxygen to your brain and muscles
- Strengthens your lungs and diaphragm

Align

Alignment Practice

Practice aligning your mind and your body with **Ocean Breath** and **Angel Wings**.

Angel Wings

1. Sit up tall in your chair
2. Interlace your hands behind your head
3. Inhale and lift your elbows high
4. Exhale and bow your head forward
5. Gently tuck the chin towards the chest to stretch the neck and back
6. Continue to breathe
7. Complete 3-5 rounds

[\(Click for Angel Wings PDF\)](#)



Activate

Activate Practice

Activate and embody these practices into your daily routine.

Closing Activity #1: Guided Visualization



Educator Note: Set a timer for 5-10 minutes and guide the class through a *guided visualization practice*.

- Sit comfortably in your chair.
- Imagine your favorite beach or body of water.
- Inhale through your nostrils and notice how your breath moves across the back of your throat.
- Exhale slowly out your nose, trying to control your exhale.

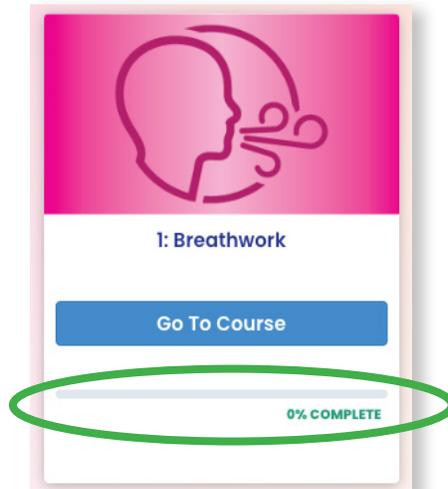
MY CLASSROOM – LESSON CONTENT

All videos are playable within the **Lessons**. If you prefer to have a link to play on another device, all links to videos, audio, and graphics are located on the **Course** page in the Library section.

Lastly, please be sure to keep track of your progress in each Lesson and Course by clicking Mark Complete when you are done.



You can monitor you progress through each Course on the My Classroom page:



For further assistance with or questions about our products, please email us at: info@consciousclassroom.com.