



# Where Calm Meets the Classroom

## Breathwork for Learning & Memory

Breathwork — a simple, science-backed practice that uses our own breathing patterns to calm the body, focus the mind, and reconnect to the present moment. Learn how to utilize breathwork as a teaching tool and bring calm to your classroom.



### Awake

What if the most powerful tool for learning and memory was something your students were already doing—every moment of the day?

Breath is one of the fastest and most accessible ways to shift a student's internal state. Learning and memory don't take root in a stressed, rushed, or dysregulated brain. When students pause to notice their breathing—even for a moment—they awaken to how their body feels and how ready (or not) they are to learn.



### Aware

When students feel anxious, overwhelmed, or distracted, the amygdala—the brain's threat detector—gets loud. This pulls the brain toward survival mode and away from learning.

Slow, steady breathing signals the parasympathetic nervous system to turn on, calming the amygdala so new information can actually “stick.”

With slow, deep breaths, oxygen and blood flow increase to key learning centers:

- **Prefrontal cortex** — focus, planning, problem-solving
- **Hippocampus** — memory formation and recall
- **Cingulate gyrus** — operates as the brain's gear shifter, enabling the brain to shift attention, regulate emotions, and move smoothly between tasks and thoughts

This is the neurological foundation of the “learning zone.”

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## Align

Slow, rhythmic breathing helps students shift into alpha and low-beta brainwave states—the ready, steady, focused modes essential for:

- concentration
- information intake
- pattern recognition
- emotional stability
- working memory

When students' internal state aligns with learning requirements, their capacity to engage with and retain new content increases significantly.



## Activate

These simple breathwork exercises support regulation, focus, and memory from morning meeting to closing circle:

- **TV Breath** — check in and notice how you're feeling
- **Box Breath** — create rhythm, calm, and steady regulation
- **Ocean Breath** — energize and invigorate
- **Buzzing Bee Breath** — narrow focus and quiet internal noise
- **Alternate Nostril Breath** — support balance, attention, and memory

*More oxygen. Clearer thinking. Stronger memory encoding.  
With each breath, we give students a steadier foundation to thrive!*



Access Box Breath to  
Support Calm in the Classroom

### BOX BREATH

