

Teacher Quick Pack

Five-minute classroom breathing routine with safeguarding prompts.

Designed for teachers, teaching assistants, and facilitators who need a ready-to-run regulation break.

Use during transitions, before assessments, or after playground incidents to help classes reset together.

Set the space

Preview the breathing pattern and agree a signal for opting out. Offer seated and standing versions.

Reduce sensory load: dim harsh lights, pause background music, and ask for quiet bodies.

Five-minute flow

Minute 1: Box breathing demo with counting cue. Minute 2: Student-led pace using silent hand signals.

Minutes 3-4: Switch to coherent 5-5 breathing with visual timer. Minute 5: Guided stretch and check-in words.

Wrap-up and safeguarding

Invite one-word reflections and note any pupils who need follow-up or adjustments.

Record the activity in your wellbeing log so colleagues can see what was delivered and when.

Action checklist

- Prepare alternative regulation tools (fidgets, weighted lap pads) for pupils who cannot join breathing work.
- Share the plan with caregivers so home routines can mirror school language.
- Log incidents or concerns according to school safeguarding policy.

Trusted resources

- UK Department for Education Mental health lead guidance (<https://www.gov.uk/guidance/mental-health-and-behaviour-in-schools--2>)
- Mentally Healthy Schools Classroom resources (<https://www.mentallyhealthyschools.org.uk/resources>)
- NHS Every Mind Matters for young people (<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health>)

Classroom aide. Follow local safeguarding policy and adapt for individual health plans.