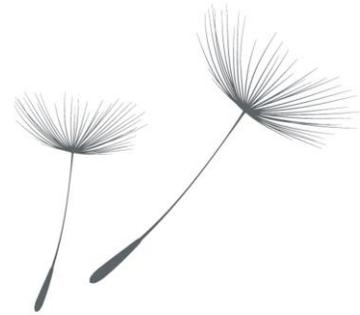


take a breath

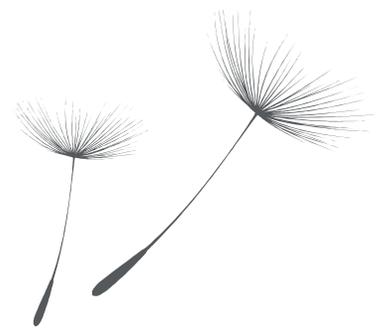
FOR SCHOOLS



[WWW.NOWTAKEABREATH.COM](http://WWW.NOWTAKEABREATH.COM)

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## What is Take a Breath (TAB)?

Take a Breath teaches scientifically proven breathing and relaxation techniques to promote wellbeing, stress-relief, and self-awareness. The program includes online and in-school offerings for the whole school community, including students, parents, teachers, administrators, and support staff. With three years of proven success in K-12 public and private schools in British Columbia, Canada, and Florida, U.S.A.

Using the acronym B.R.A.V.E (Breathe-Relax-Allow-Visualize-Empower), students are taught how to:

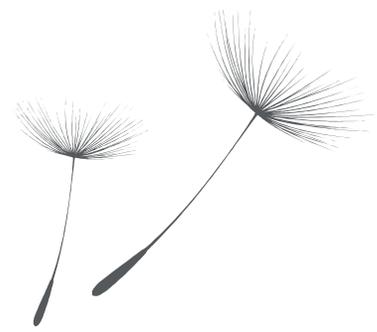
- create a relaxation response in the body
- notice the effects of stress in the body
- relax and work through challenging emotions and events
- use imagery and imagination for growth and development
- build confidence and resilience in facing new situations

“Take a Breath has been involved with our Secondary School for the last 2 years. This school year, every grade 7 and 8 has participated in one "Take a Breath" session and the school also bought access to the website. It has been a very positive experience and the Facilitators have been so accommodating with scheduling and requests. The price is extremely reasonable for what is provided. One teacher commented, ‘It was amazing to see how much calmer my students were afterwards... such a positive tone to my class and an openness.’ Teachers have been recommending the website to the students and it has been very well received. I would highly recommend this program to any school as it has had a large impact on overall student wellness.”-Counselor at a senior high school

Take a Breath is a PRE-mindfulness program, as it teaches participants how to use the breath and guided relaxation to calm the nervous system and deal with common obstacles to mindfulness/meditation practices (can't sit still, can't turn off the brain, increased in anxiety). The program is designed to be accessible and has proven to be of benefit for ALL participants, even (especially) those who are resistant to more formal mindfulness programs.

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## Who is Take a Breath for?

**For Kids and Teens-** Recordings of different lengths on a variety of topics are available for students' personal use at home or at school (Rest before a Test, Get to Sleep,

"It made me feel relaxed and calm. At the beginning I felt shy and confused but somewhere in the middle, I felt like I could do anything." - Grade 7 student

Stop Anxiety, etc.). **For Educators and School Staff-** Using Take a Breath in the classroom increases focus, settles the whole group, and gives those who struggle some tools for self-regulation. **For Parents-** Recordings are available on the website for parents and their children to practice relaxation and self-regulation. They will sense the shifts and encourage even more participation by their children, in the classroom and at home.

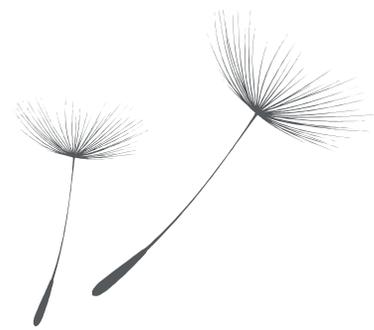
"My daughter came up to me after school and said 'Daddy! We had naps at school today!' Your program left a huge impression with my daughter as it was the first thing she told my wife and I when she got home. She was super excited about it. She said how she was told to close her eyes, think of her family, and to think of someone flying over them (she thought of me!) and to take deep breaths and just relax. Thank you so much for giving my child this opportunity." - Parent of elementary school child

## How does the Take a Breath program work?

- Teachers practicing the recordings in classroom as regularly as possible
- Parents practicing recordings at home
- Students practicing recordings daily, on their own at home and school
- We suggest first purchasing the website for the school community.

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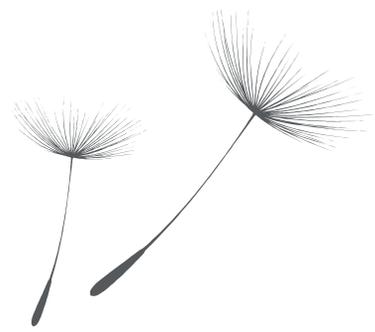
## How much does the TAB Program cost?

### TAB Pricing 2017/2018 School Year

Description	Price
<p><b>TAB Online Access for School Community</b></p> <ul style="list-style-type: none"> <li>- Dedicated online platform created for your school community</li> <li>- Instructional videos about TAB content and introductions to recordings</li> <li>- A collection of guided relaxation recordings tailored for students based on age range, with different lengths for different purposes (from 5 minutes up to 30 minutes) that can be used in the classroom or for individual use at home or school</li> <li>- A collection of guided relaxation recordings for educators with various lengths</li> <li>- A collection of guided relaxation recordings for parents</li> </ul> <p><b>Other Content Delivery when Local TAB Facilitator is available:</b></p>	<p><b>\$399</b> per school year (September-June) for schools with 300-1000 students.</p> <p>Under 300 students: <b>\$299</b></p> <p>Over 1000 students: <b>\$499</b></p>
<p><b>TAB Presentation to Parent/Teacher Association or Board (30-45 min)</b></p> <p><b>TAB Presentations for Students in school (1 hour)</b></p> <p><b>TAB Continuous Classroom Sessions, with supporting curriculum.</b></p> <p><b>Parent Night TAB Info. Session and TAB Experience (1.5 hours)</b></p> <p><b>TAB Rest and Restore Experience for School Staff (30min - 1 hour)</b></p> <p><b>TAB School Liaison Online Training (5 hours)</b></p> <p><b>TAB Professional Development Workshop for Educators/Staff/Admin (1.5-2 hours)</b></p>	<p><b>Contact us for Details and Pricing</b></p> <p>All pricing in Canadian Dollars.</p>

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**To experience the benefits of the recordings, visit our Educators Sample Page at**

<https://nowtakeabreath.com/school-sample>

We know you this program meets many of your mandatory or suggested standards and guidelines. With some ability to tailor the program to meet the needs of your own State, District, or Individual School System.

One of our goals is not to impose or mandate these practices. Especially for the teacher in the classroom. This is not another thing to do for those often-overwhelmed teachers. Rather this is an experience, which creates some relative peace and quiet. Which all the individuals, groups, and even the teacher need...a little break!

Explore how your school can incorporate Take a Breath sessions into specific classes to meet curricular competencies for courses K-12. Or, begin with the online content (website available immediately). Then coordinate future in school TAB Content Delivery as local TAB staff are trained and available.

**Contact us today!**