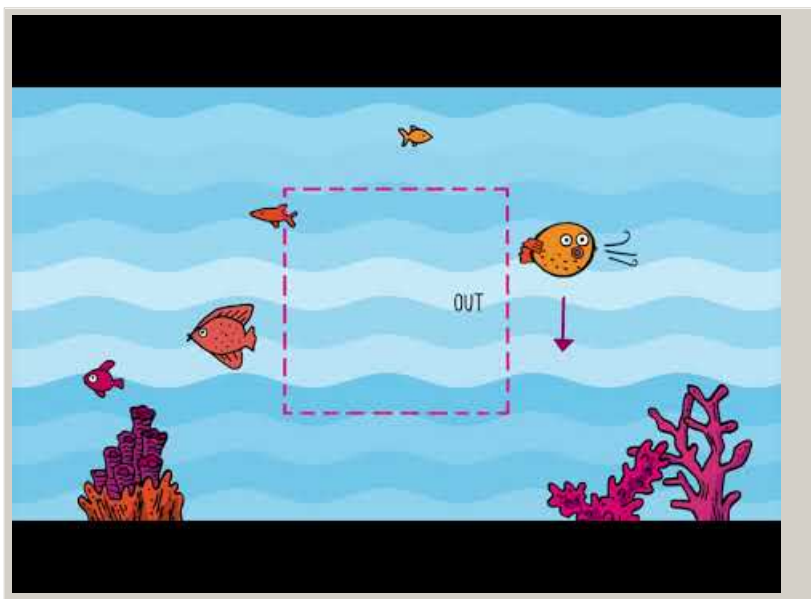


Teach deep breathing exercises

Deep breathing exercises can help a student calm down by focusing on the here and now.

They redirect the mind away from anxiety-provoking events from the past or fears of what might happen in the future.



Video hosted on Youtube <http://youtu.be/YFdZXwE6fRE>

No captions or transcript

Source:

[Stop, Breathe & Think \(US\)](https://www.youtube.com/channel/UCkB9zEEqnP9kMI5VChd99Q)

<https://www.youtube.com/channel/UCkB9zEEqnP9kMI5VChd99Q>

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