

# TAKE-A-BREATH MODULE

SIMPLE STEPS WITH HUGE IMPACT ON LEARNING

DESIGN AN OPTIONAL SELF-CARE MODULE  
FOR YOUR ONLINE STUDENTS



## RELAX

DECREASE NEGATIVITY, INCREASE POSITIVITY

Place short guided meditations in the module to help students relax for a moment.

## FOCUS

DECREASE EMOTIONAL STRESSES, INCREASE CLARITY



Provide tools for structuring pauses into the day. Build in concentration activities. Add active listening exercises.



## PAUSE

DECREASE MIND CLUTTER, INCREASE PRODUCTIVITY

Help learners pause by meditation, practice pause-and-plan, journaling, or observing nature.

## BREATHE

DECREASE STRESS, INCREASE CREATIVITY



Add breathing exercises. There are free podcasts or YouTube videos online.



## MOVE

DECREASE TOXICITY, INCREASE MEMORY

Encourage students to exercise 30 minutes a day, however they are able.

### Supporting Student Success for the Whole Student

It can be more difficult to assess students' well-being in online environments. Adding a module for students to access may provide opportunities for students to reach out if other services are needed. Supporting students holistically improves learning.

