

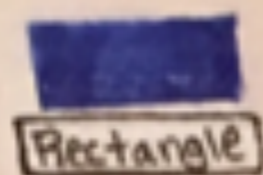
Bah Bah Goes to School

Written and Illustrated
By
Amber Polino



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Author's Note

It is well known that children face anxiety, stress, pressure, and insecurities throughout the school day. Teaching students to use breathing techniques as a tool will help them face these problems discreetly. Learning calm breathing gives children a sense of control, helping them move on with their day after facing a difficult situation. This helps students with cognitive control, slowing down their heart rate, and relaxing.

Mindfulness can be brought on through focusing on our breathing, bringing about awareness to our thoughts and bodies. I believe that through teaching students breathing techniques we will help them develop mindfulness. Mindfulness has many benefits including improving attention skills and memory, as well as increasing their compassion for others. Learning mindfulness techniques can help students in their search for inner peace, allowing them to live happier and more successful lives. The motive for teaching mindfulness in schools is to encourage kindness, empathy, and self-love, creating a more caring classroom.

Dedicated to my little brother Joey.

*The day you were born was the
happiest day of my life.*

Please try to never grow up.



It was the first day of school.
While most children were
jumping out of bed, Bah Bah
buried himself further under
his checkered blanket.



“What if I don't fit in?” he mumbled to his mother.

“What if nobody talks to me?”

Bah Bah's parents moved to a new town over the summer.

He has to start second grade
as the new kid.





“Don’t worry Bah Bah,” Momma Bah said. His mother was not the worrying type. She reminded Bah Bah about taking a *breathing break* if anything went wrong. “Now hurry up, or you’ll miss the bus!” she cried.



Bah Bah took the empty seat at the front of the bus.
Nobody asked to sit with him.



When he entered the school lobby, his hooves started to shake.

His heart began thumping.
ta-thump ta-thump ta-thump

His eyes raced around the room, and Bah Bah quickly realized that he was the only blue sheep.

He *paused* and closed his eyes. He remembered what his mother told him about taking a *breathing break*.

Deep breaths. Bah Bah took a deep breathe in,

counted to three,

then exhaled his troubles out to calm his body.

He did this three times and then moved on with his day.



He felt better as he walked into his classroom. Excited to find his seat, he gazed around the room searching for his name on a desk.



He found it at the back table...

Chitter Chitter Chatter
went the girls.

Mistakes are
PROOF
that you are
TRYING



“An all girls table!” he shouted.

Bah Bah wasn't mad, he was ANGRY.

He started turning red, and his eyebrows pulled down toward his nose.

Bah Bah's anger bubbled up throughout his body like a volcano ready to explode.

He knew what he had to do.



He had to let his anger go. He *paused* and closed his eyes.
Deep breaths. Bah Bah took a deep breathe in,

counted to three,

1 2 3

then exhaled the anger out and set it free.
Three deep breaths later and he felt lighter.
He was ready to move on with his day.
Sitting with all girls isn't the worst thing
that could happen, he thought.



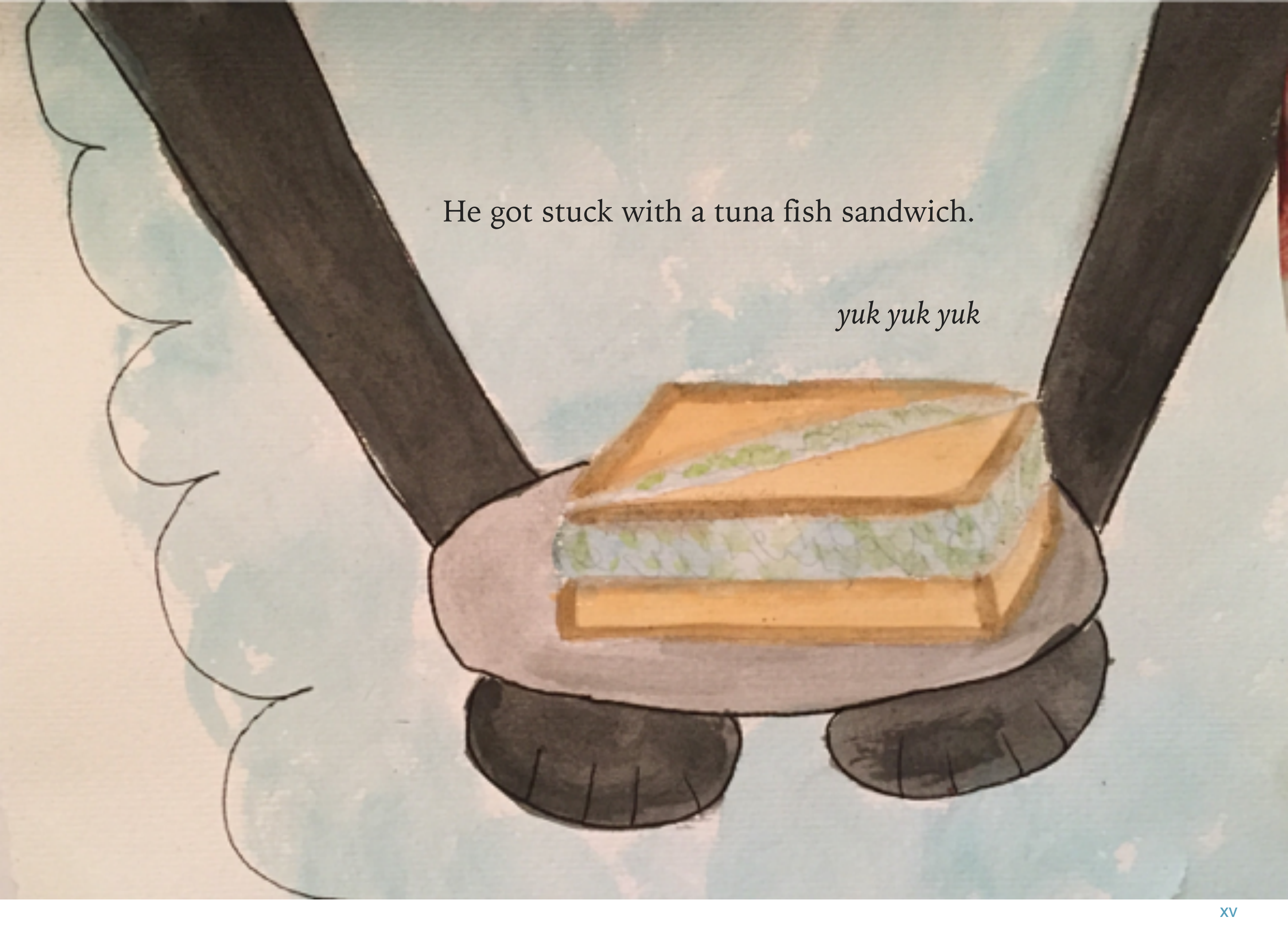
Lunchtime! Bah Bah was feeling hopeful. Pizza was his favorite!

yum yum yum

Bah Bah was next in line when the last slice was given out.

Lully Cafeteria





He got stuck with a tuna fish sandwich.

yuk yuk yuk

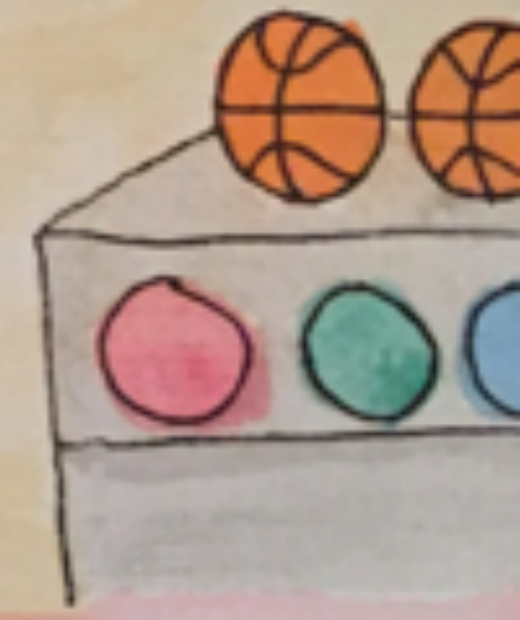


What a terrible day, Bah Bah thought as tears started streaming down his face. He knew he needed to calm his body down. He *paused* and closed his eyes. *Deep breaths.* He took a deep breath in, counted to three,

1 2 3

and exhaled his sadness out with each breath. He did this three times and then moved on with his day.

Finally Bah Bah's favorite class. Coach Glenn announced that a beautiful day outside calls for a kickball game!

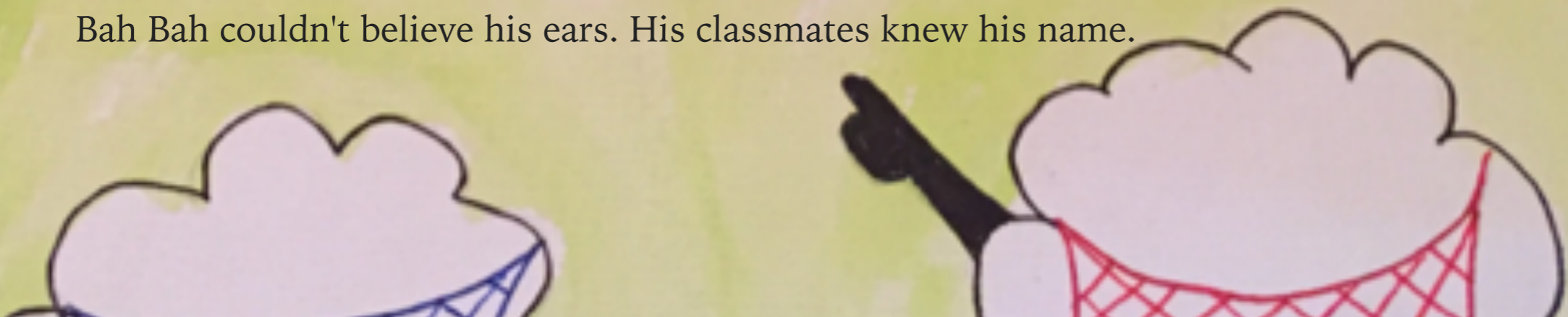




Bah Bah stood nervously, back against the fence, with the rest of his class. He crossed his fingers behind his back, hoping he wouldn't be the last kid picked.

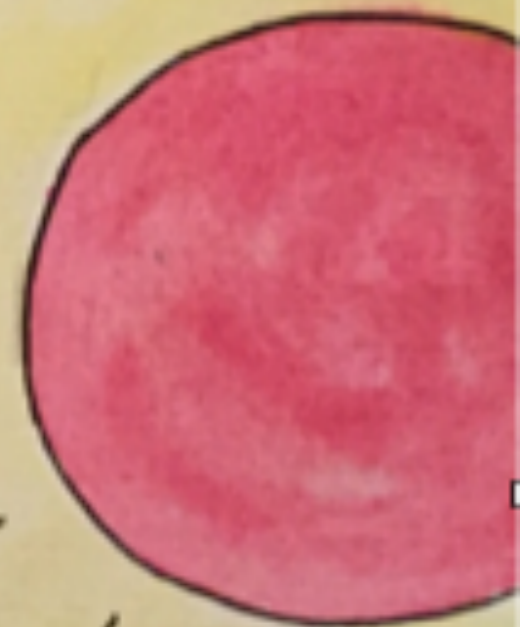
"Bah Bah," John called out. John was captain for the red team.

Bah Bah couldn't believe his ears. His classmates knew his name.





Whoosh



Yahoo Yahoo Yahoo

Bah Bah kicked the winning home run!
His team mates cheered and high-fived
hooves.

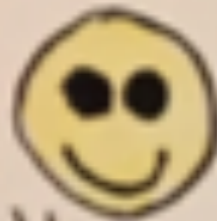
A smile ran across Bah Bah's face.



His day got even better when he went back to class and saw his first quiz already corrected!

A*

great job!!

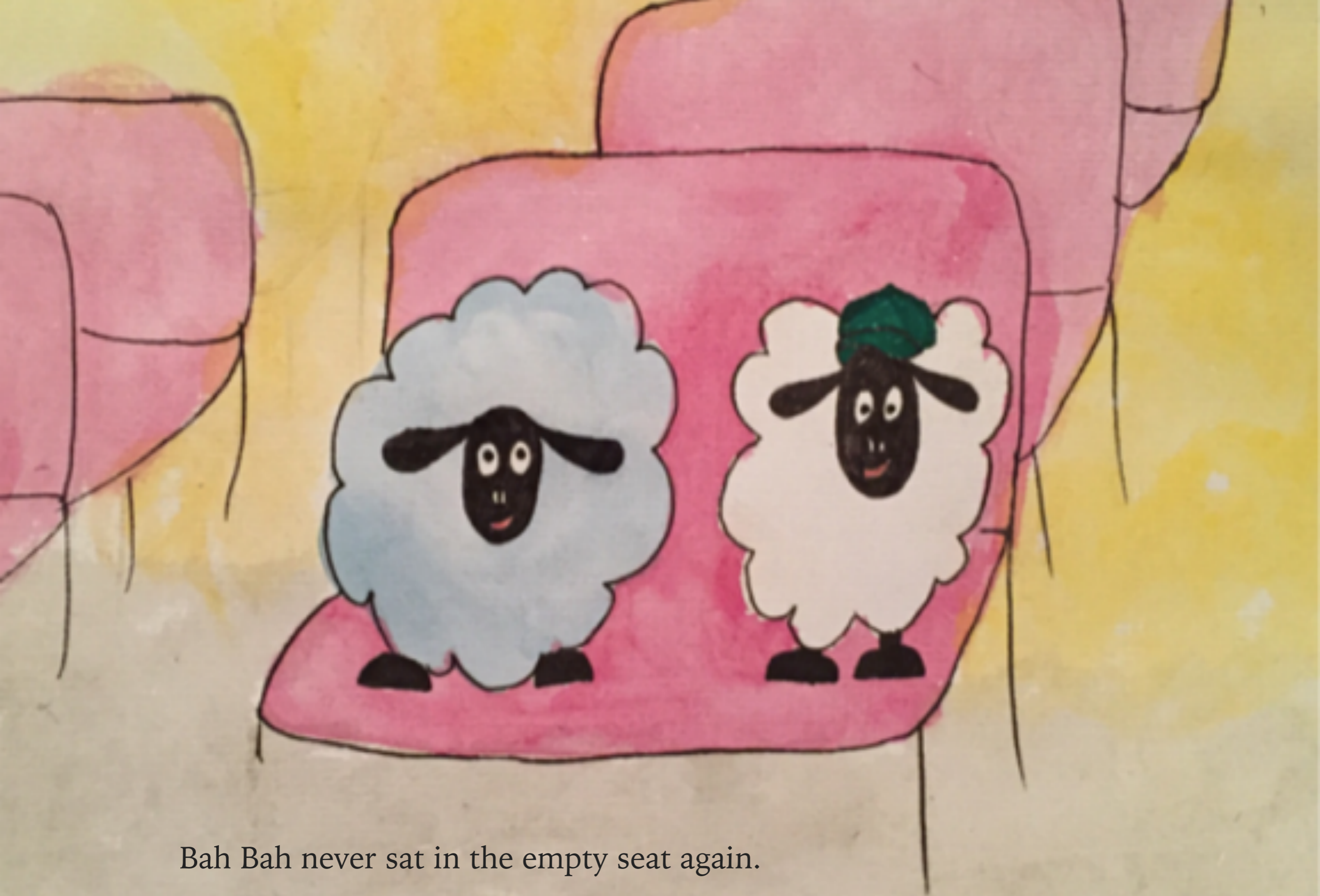


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As Bah Bah boarded the bus, he searched up and down the aisles for the empty seat.
“Sit next to me Bah Bah!” called out Patrick.



Bah Bah never sat in the empty seat again.

Breathe like Bah Bah



Take a slow breath in through your nose for about three seconds.

Hold your breath in for about 1 to 2 seconds.

Slowly let your breath out through your mouth.

Wait 1 to 2 seconds before taking another breath in.

Continue breathing this way 3-5 times.



Practice makes this breathing technique better!

Practice Practice Practice

Parent and Teacher Resources

Goleman, Daniel and Senge, Peter. *The Triple Focus: A New Approach to Education*. 2014.

This book is a great resource for incorporating three main skills in the classroom—understanding self, others and the larger systems we operate in. This book gives ways to help students develop empathy, kindness, and understanding.

Go Noodle Flow Videos

This is an amazing website with guided meditation videos and step by step breathing techniques. Most videos include relaxing music and pictures.

Move With Me Yoga Adventures

This website gives handouts, videos, and lesson plans to help incorporate mindfulness into the classroom.

Kids Relaxation

Kids Relaxation is a great blog that has links to many different step by step routines you can do with children to help them relax, focus, and breathe.

Acknowledgments

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