



RAISE PRACTICUM EXEMPLAR ACTIVITY TEMPLATE

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Affiliate Organization: Arts For Learning Miami
Your Art Discipline: Puppetry/Theater/Storytelling

Title of Activity: Breathing Techniques as a Game
Exemplar Focus: Warmup Activity & Classroom Management
RAISE Connections: ☒ Social-Emotional Learning ☐ Healing-Centered Education ☐ Culturally Responsive-Sustaining Pedagogy
RAISE Principles: ☐ Community Grounding & Routines ☒ Creative Choice & Voice ☐ Emotional & Somatic Engagement ☐ Interpersonal Belonging & Relationships ☐ Reflection & Radical Imagination
Summary: Deep breathing techniques calm a classroom when the environment is chaotic.
Rationale: Theater games are physical and exuberant. Sometimes students get overstimulated. When the classroom temperature gets hot, deep breathing exercises and freezing gestures can help reset the nervous system.
Goals: Students will believe that they are being dramatic singers. It is building a skill for long sustained deep breathing with long, controlled exhalations. Deep breathing acts as a biological remote control for the nervous system. It can stabilize mood, improve focus, and create a clear, grounded state of mind.
Materials and Supplies Needed: A repertoire of songs that create earworms.

Outline:

1. Demonstrate “Catch a Bubble” by drawing air in sharply and allowing cheeks to expand. Press your index finger to your lips and hold for a beat. Exhale into a vocalization.
2. Sing a catchy phrase in a whisper by exhaling part of the lyric and inhaling the remainder of the lyric.
3. Freeze into a gesture and hold. Get creative with the gesture. Freeze together in tableaux. Release in slow motion.
4. Five minutes before dismissal, anticipation of release can create unruliness. Repeat “Catch a Bubble” and “Whisper Catchy Tunes”. This time, take requests from students and get them to figure out which parts of the lyric are sung on the intake or the exhale.