



**BALANCE & COORDINATION**  
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## Brain & Body Warm-Ups

Lesson 5

**EMOTIONAL BALANCE:** The ability to keep emotions under control in unsteady social & emotional situations.

*On the first day of class, Juan used High-5 breathing to help him stay relaxed.*

**Equal Breathing:** [\[YouTube\]](#)

We're are going practice Equal Breathing as a way to keep our emotions and our heart rate balanced.

Sit or stand comfortably. Focus on breathing. As you take a deep breath into your lungs, count slowly to 5.

As you slowly let the air out with an exhale, slowly count to 5. Take 5 equal breaths with a 5-count inhale and a 5-count exhale.

## Purposeful Practice

Lesson 5

**PHYSICAL BALANCE:** The ability to adjust your body's weight in order to remain upright and/or steady.

*Caitlin used her arms to help her find her physical balance as she walked on the sidewalk lines.*

**Balance Flow Challenge:** [\[YouTube\]](#)

Use the game board to play by yourself or with a friend or family member. The object is to move your game piece from start to finish.

Roll and move your game piece from start to finish. As you land on different Balance Squares, complete the balance pose and hold it for 15 seconds. If you land on a Breathing Square, practice equal breathing for 3 deep breaths.

## Just for Fun (and health)

Lesson 5

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind relax.*

**Body Shapes:** [\[YouTube\]](#)

We're going to balance on 1 foot and slowly draw shapes in the air with our other foot. After a few minutes, we're going to switch feet and draw with the other foot.

As you balance, focus on your breathing and practice equal breathing while you draw the shape.

If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.