

# FOCUS 5

## Short breathing exercises to help students focus

Learning requires focus, and in today's classrooms the sources of distraction for students continue to expand. In a SERP partnership with the Baltimore City Public Schools, a team pulled evidence from a broad research base that suggests **deep breathing** can **reduce stress** and **improve one's ability to focus and sustain attention**. The team worked with teachers and students to identify a strategy to incorporate that knowledge within the daily routines of the classroom. The result? **Focus 5**—a set of classroom-ready exercises designed to minimize distraction and develop a greater focus for learning.

### THE EXERCISES

- \* Consist of 5 steps each.
- \* Take less than 5 minutes each.
- \* Provide clear, simple instructions.
- \* Benefit students and teachers simultaneously.
- \* Require no experience or prior learning.
- \* Require no investment of resources from the school or district.

[serpmedia.org/focus5](http://serpmedia.org/focus5)

All exercises are freely downloadable!

Also available:

- Slides to introduce students to Focus 5
- Recordings of each exercise



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