

Activity: Memory Game Breathing Choices

Authentic Learning Experience: Conscious Discipline's Breathing Choices Memory Game is a fun and engaging activity that allows the child to learn ways of calming down using different breathing techniques called S.T.A.R. (Smile, Take a deep breath, And Relax), Balloon, Drain, and Pretzel. The Breathing Choices Memory Game challenges the child's thinking skills by remembering where the pictures are and allowing the child to practice the techniques. At the same time, they are in a peaceful state allowing for these techniques to become second nature. The child directs their own learning by picking the cards they want. Also, this is an open-ended activity because the child can play for as long as they wish. This activity encourages discourse between the child and the adult by discussing when to use these techniques. They also can expand on the conversations by practicing the actions when acting them out based on how many pictures are on each card. The authentic learning experiences extend with the child increasing the ability to use the breathing techniques independently and successfully calming themselves down.

Developmentally Appropriate Practices: In reality, everyone breathes. In intense, high-stress moments, breathing techniques shut off the fight or flight response in the brain, allowing children and adults to calm themselves, making it easier to respond to conflict or upset effectively. Children learn through play and the Breathing Choices Memory Game introduces breathing techniques allowing the child to practice these skills playfully. This game also practices mathematical skills of counting and quantifying small numbers identified by the images on the memory cards. This activity is culturally inclusive by using home language and connections to the children's and family's real-life situations. The Breathing Choices Memory activity supports the child's interest-based learning because they learn best through play and enjoy playing games.

This experience also practices social skills of taking turns and fine motor by picking or the cards to turn them over.

Teaching Strategies Gold Objectives for Development and Learning: This activity is appropriate for the development of preschoolers as the children will learn about managing and identifying their feelings, which aligns with the TSG objectives of Social-Emotional as identified below:

- 1. Regulates own emotions and behaviors
 - a. Manages feelings
 - b. Follows limits and expectations
- 2. Establishes and sustains positive relationships
 - b. Responds to emotional cues
- 3. Participates cooperatively and constructively in group situations
 - a. Balances needs and rights of self and others

Additional TSG Objectives:

Physical

- 7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands

Cognitive

- 12. Remembers and connects experiences
 - a. Recognizes and recalls

Mathematics

- 20. Uses number concepts and operations
 - a. Counts
 - b. Quantifies