Box Breathing

The Strategy in Brief

Box breathing is a simple, evidence-based technique that uses a four-count pattern — inhale, hold, exhale, hold — to activate the parasympathetic nervous system and return the body to a calm, regulated state. The "box" refers to the four equal sides of that cycle. It requires no materials, no prior knowledge, and no perfect conditions. It works for a nervous kindergartner, a frustrated fourth grader in the hallway, a middle school student experiencing testing anxiety, a teacher between back-to-back meetings, and everyone in between. The square visual is accessible for everyone.

Where It Lives

This anchor chart is designed for any space where students might need a reset: the classroom, a calming corner, a school counselor's office, a library, or a hallway. It is intentionally simple. The four-step visual guides the reader independently, without instruction.

A Complement to the Edutopia Article

This anchor chart is a companion to "Reducing Test Anxiety With Simple Strategies" by Laura Lee, which features calming breathing techniques as a way to manage testing anxiety.

Read the full article here:

https://www.edutopia.org/article/reducing-test-anxiety-simple-strategies

Created by educator **Rachel Lemansky**
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Box Breathing

Hold...2...3...4

Inhale
...2
...3
...4

Exhale
...2
...3
...4

Hold...2...3...4

Use anytime you need to reset.

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