

“S.T.O.P. & B.O.P.” METHOD

“I can breathe on purpose every day to release tension, feel calm, and focused”

S.T.O.P. & get the body ready:

S= shoulders relaxed

Keep your neck and shoulders relaxed while breathing.

T= tummy soft

Tight bellies prevent a wide and healthy breath.

O= open/close the mouth

Relax the jaw and breathe through your nose.

P= posture tall

Sit up tall with feet flat on the floor and chin back. This helps the breathing muscles do their job.

Now we are ready to **BOP!**

Breathe **o**n **P**urpose

Take 3 mindful breaths right now and notice how you feel.

Did you know?

S.T.O.P. and B.O.P. is an acronym encouraging parents, teachers, therapists, and children to stop and breathe on purpose every day.

With consistency, the intentional practice of **breathing on purpose (BOP)** will evolve into an automatic habit that helps to:

- Reduce stress in real-time
- Calm the nervous system
- Improve focus

- Lower blood pressure & heart rate
- Release tension
- Feel more present and connected
- Improve behavior
- Boost mood

