

# CONSCIOUS CLASSROOM

## Conscious Classroom™ for Breathwork Login Instructions

### Congratulations!

Your school district has purchased Conscious Classroom™ for Breathwork. Within this module, you will find 12 CASEL-5 aligned lesson plans designed to support the whole student and enhance SEL outcomes. Each lesson plan includes educational instruction, practice exercises, and video content, all of which are accessible via your personalized online learning portal.

### Let's get started!

Visit the Conscious Classroom website at [www.consciousclassroom.yoga](http://www.consciousclassroom.yoga). We recommend saving this page as a favorite!

Select the blue **LOGIN** link at the top right corner of the screen:

[HOME](#)[ABOUT](#) ▾[EDUCATORS](#) ▾[SHOP](#)[BLOG](#)[LOGIN](#)

Enter the username and password provided below:

**Username:** (first initial, last name)

**Password:** CCBreathwork123!

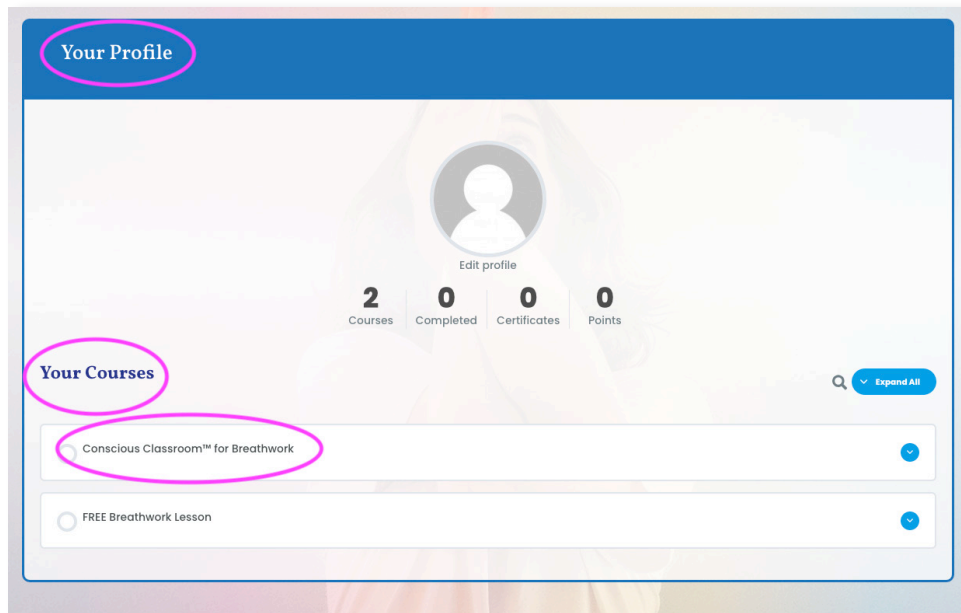
Once logged in, click on **My Classroom** at the top of your screen. This will bring you to your personalized learning portal:

[HOME](#)[ABOUT](#) ▾[EDUCATORS](#) ▾[SHOP](#)[BLOG](#)[LOGOUT](#)[MY CLASSROOM](#)

# CONSCIOUS CLASSROOM

## My Classroom

You will find the learning modules enabled for your use under the header **Your Courses**.



Select the learning module **Conscious Classroom™ for Breathwork** to begin.

At the beginning of each learning module, you will see an overview outlining the **unit of study, academic standards, and time allocation.**

In this case, the unit of study is Breathwork.

<b>Unit of Study: Breathwork</b>	<b>Grades 7-12</b>
<b>Academic Standards:</b>	<b>In this unit, Conscious Classroom™ embodies the following CASEL-5 standards:</b> <ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Self-Awareness</li> <li>• Relationship Skills</li> <li>• Responsible Decision-Making</li> <li>• Social Awareness</li> </ul>
<b>Time:</b>	From 5 to 30 minutes. Each breathwork practice takes about 5 minutes.
<b>Breathwork Lessons</b>	
<p>Decrease anxiety and stress through controlled breathing practices.</p> <p>Encourage students to breathe in a way that feels comfortable.</p> <p>With regular practice, breathwork can strengthen their lungs, build endurance, and increase vitality.</p>	
<b>Lesson 1:</b> Benefits of Breathwork <b>Lesson 2:</b> Benefits of Breathwork – Skills Development <b>Lesson 3:</b> Anatomy of Breathing <b>Lesson 4:</b> Anatomy of Breathing – Skills Development	<b>Lesson 5:</b> Breathwork for Stress Reduction <b>Lesson 6:</b> Breathwork for Stress Reduction – Skills Development <b>Lesson 7:</b> Breathwork for Problem Solving <b>Lesson 8:</b> Breathwork for Problem Solving – Skills Development
	<b>Lesson 9:</b> Breathwork for Compassion <b>Lesson 10:</b> Breathwork for Compassion – Skills Development <b>Lesson 11:</b> Breathwork as an Ally <b>Lesson 12:</b> Breathwork as an Ally – Skills Development

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Next, you will see the **4 A's Philosophy of Conscious Classroom™**:

## **Awake, Aware, Align, and Activate**

The 4 A's also represent our system of learning, providing supporting practices within each lesson plan. Audio and video content can be found within the corresponding lesson plan under **Your Courses**.

Our Course Materials highlight the 4 A's Philosophy of Conscious Classroom™

### **Awake**

Open each lesson with a breathwork or mindfulness practice that awakens your senses, brain, and body.

### **Aware**

Enhance your mindset and knowledge.

### **Align**

Choose a practice that aligns your mind and your body.

### **Activate**

Incorporate the practices into your daily routine.

There are two delivery options within each lesson plan. You may choose to teach the lesson plan online, from within the portal, or **download a PDF** copy of the lesson plan.

## Breathwork



### Lesson 1: Benefits of Breathwork



#### Learning Outcomes

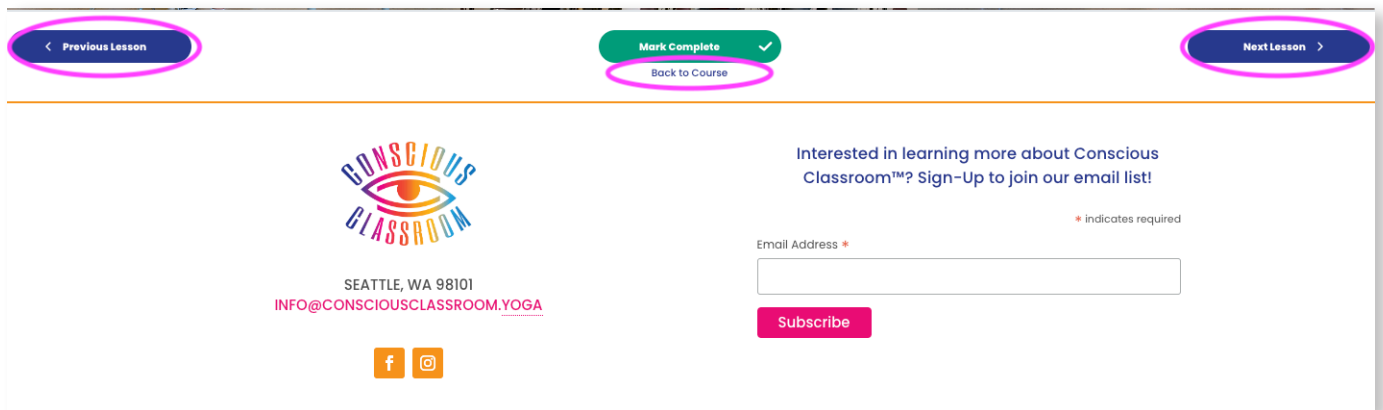
##### Students will:

- Learn controlled breathing practices
- Use breathwork to limit distractions
- Increase their concentration skills
- Learn how to manage their cognitive energy at the same time as learning to regulate their body
- Learn how to retain information more efficiently
- Become aware of their basic needs at the moment: rest, water, food

[Download PDF of Lesson 1](#)

# CONSCIOUS CLASSROOM

Once you've completed a lesson plan, you may move on to the next lesson by selecting the **Next Lesson** button on your screen's bottom, right-hand corner, or by selecting **Back to Course**. You can also navigate to previous lessons by selecting the **Previous Lesson** button.



The screenshot shows the bottom navigation bar with three buttons: "Previous Lesson" (left), "Mark Complete" (center, with a checkmark and a "Back to Course" link below it), and "Next Lesson" (right). Below the navigation bar is a white content area. On the left, there is the Conscious Classroom logo, the address "SEATTLE, WA 98101", the email "INFO@CONSCIOUSCLASSROOM.YOGA", and social media icons for Facebook and Instagram. On the right, there is a sign-up form titled "Interested in learning more about Conscious Classroom™? Sign-Up to join our email list!". The form includes a text input field for "Email Address" with a red asterisk indicating it is required, and a pink "Subscribe" button.

Please remember to **LOGOUT** at the top of your screen when you are done with your session. If you need assistance with this process, or have any trouble logging in, please contact our support team at [consciousclassroomyoga@gmail.com](mailto:consciousclassroomyoga@gmail.com).