



Quick Start Guide

Helping students find calm and focus through a **daily self-regulation routine**

1

Choose a Time of Day

Select a transition time in your day when you and your students could use support settling and focusing: after recess, lunch, or morning meeting.



2

Guide Practice Session #1

Begin with Unit #1: Mindful Breathing, Practice Session #1. Read aloud the animated text in the video while your students actively practice.



3

Continue Daily & Hand Out Rewards

Play one new practice session each day. After completing Practice Session #5, hand out the coloring sheets and poster to mark the completion of this Unit.



4

Follow the Sequence of Units in Order

Move through the curriculum in sequence, learning new skills and meeting new underwater sea characters each week. Next up: Unit #2: Gratitude with Kona the Manta Ray

