



IGF Kids Video Guide

Video Title: *Episode 4: Four for Four*

Description: *Lily feels frustrated by Distance Learning. But, Nana knows a way to help Lily cope with her frustrations, it's called the Four for Four.*

Guiding Question: *How can taking slow deep breaths help us?*

- Students will experience the difference in frantic gasps versus slow intentional breaths
- Students will learn more about brain biology, and understand what happens when our Amygdala is activated
- Students will be able to define Amygdala and its function within their biological reflexes

Ask students to:

- Observe each character
- Identify shallow frantic breaths and deep intentional breaths
- Consider why breathing slowly and deeply is helpful when we are stressed versus shallow and frantic breathing
- Practice along with the tool in the video

PLAY VIDEO

PAUSE VIDEO: (3 MIN 3 SEC) *When Nana starts to ask Lilly to breathe*

ASK:

- How is Lily breathing when Nana asks her to take a breath?
 - Can you mimic it?
 - Do you think that kind of breathing helps Lily calm down?
 - How do you feel when you do this type of breathing?
- Why do you think Lily was so upset?
 - Has something like this happened to you? When?

REMIND STUDENTS TO:

Pay attention and follow along with the practice the IGF Kids are going to share. (Be in a spot where students can see you practice along with them.)

PAUSE VIDEO: (6 MIN 53 SEC) *After the definition of the Amygdala*

ASK:

- Where the Amygdala is located?
 - What wakes up our Amygdala? (Hunger, Tiredness, Fear)
 - Why does it wake up? (To help solve our hunger, tiredness, or protect us from our fear)
- Have you ever noticed your Amygdala take over?
 - When did it take over?
 - Was it helpful in that situation?
- Is the Amygdala bad? (NO! It is protective, not defective)
 - When is your Amygdala helpful?

REFLECTION

Grandma says “Taking deep breaths activates our vagus nerve, which sends a message to the brain that we are calm and safe.” In groups brainstorm:

- Ways you can remind yourself to take deep breaths?
- Things you can do when you feel your voice is not being heard or when you don't get an opportunity to share?