

# FREE TO MOVE

## teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

### Lesson Topic: "We are Free to BREATHE"

#### Participant Learning Objectives:

1. Summarize in laymen's terms the flight/fight/freeze/fawn response.
2. Increase self-awareness of personal triggers and unique physical responses to stress.
3. Demonstrate diaphragmatic breathing technique and create a daily practice plan.

#### Material/Environment Suggestions:

1. Create an environment that includes comfortable seating.
2. Recommend participants wear relaxed clothing.
3. Provide writing materials for notes and journaling reflection.

#### Journal Prompts:

1. What is the flight/fight/freeze/fawn response?
2. What is **my** body's go-to response?
3. How do I know physically, mentally, and emotionally when I feel triggered?
4. What is my daily breath practice plan to increase body awareness and self regulation?

#### Lesson Structure:

1. Start with a relaxed, welcoming environment. Consider providing name tags and comfortable seating in a circle to increase felt safety.
2. After introductions, watch the video, "We are Free to Breathe" as a group.
3. Review the flight/fight/freeze/fawn response:
  - a. Our bodies learn to respond to stress from a very early age.
  - b. We do not "choose" how we respond - our body chooses for us.
  - c. In order to have more options under stress, we first have to feel present in our bodies. Once we feel safe physically and emotionally, we can practice purposeful responses to stress.
4. Practice the diaphragmatic breathing technique from the videos.
5. Facilitate a plan to practice this breathing technique at home.
  - a. Suggest setting a phone timer 2 or 3 times a day to pause and practice.
  - b. Pair the habit with another habit such as after brushing teeth, in the shower, or in bed before falling asleep.

#### Script Suggestions:

1. Ask participants to sit or stand in a comfortable position.
2. Invite them to place one hand on their stomach and one on their chest.
3. Say: "Relax your stomach. As you breathe in, feel your stomach rise like inflating a balloon."
4. Count aloud: "Inhale through your nose... 1, 2, 3, 4."
5. "Now exhale slowly through your mouth... 1, 2, 3, 4, 5, 6 - like air leaving a balloon."
6. Repeat for 2-3 rounds.
7. Sit and reflect in pairs and journal about the process. Write down a daily practice plan.