



Teacher's guide

Just Breathe – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Just Breathe](#)

Editable Presentation Link: [🌐 Just Breathe](#)

Editable Worksheet Link: [🌐 Student Worksheet: Just Breathe](#)

Video Link: [Learn Breathing Technique Box Breathing: Practice Breathwork for Focus and Anxiety with Dora Kamau – YouTube](#)

Warm-up discussion

Part 1. Students choose the option that feels more like them, then explain why.

Part 2. Students read the statements and decide if they are true or false.

Answer key:

1. **False** – nose breathing is generally healthier.
2. **True**
3. **True**
4. **False** – holding the breath too long increases tension.
5. **True**

Part 3. Students read each statement and decide if they agree, disagree or partially agree. Encourage students to explain their choices.

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video and check their answers to the previous questions. Then, ask them to provide more details about the box breathing technique.

Part 3. Students watch the video again, taking part in the breathing exercise if they feel comfortable. Ask them to share how it made them feel.

Part 4. Students answer the questions in one short sentence.

Suggested answers:

1. Help with focus and to ease the mind/reduce anxiety.
2. Inhale (nose) 4 – hold 4 – exhale (mouth) 4 – hold 4.
3. Counting helps to redirect and re-centre to the present moment.
4. Before meetings or public speaking; when feeling stress/panic.
5. Treat as an invitation; stop or say no if uncomfortable.

Vocabulary & speaking

Part 1. Students complete the sentences with one correct word from the list.

Answer key:

1. focus

2. ease
3. re-centre
4. present
5. intentional
6. calm
7. inhale
8. exhale
9. hold
10. regain
11. return
12. relax

Part 2. Students discuss the questions.

Part 3. Students look at the real-life stressful scenarios and discuss the questions.

Part 4. Students imagine they have a simple “calm box” that holds four things which help them stay relaxed and centred. Encourage students to add some personal ideas to each box.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 8-10 sentences about a stressful situation and how box breathing (and one other strategy) could help. Encourage students to use at least 6 phrases/words from the word bank.