

Just Breathe

Intermediate (B1-B2)



WARM-UP DISCUSSION

Part 1. Choose the option that feels more like you, then explain why.

1. Stressful week 🧠 or calm week 🌿
2. Quick fix ⚡ or slow reset 🧘
3. Deep breaths 😮 or distraction 📱
4. Plan everything 📅 or go with the flow 🌊
5. Talk it out 💬 or take a quiet break 🤫

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

1. It's healthier to breathe through your mouth than your nose.
2. The average person takes around 20,000 breaths per day.
3. When you feel stressed, your breathing usually becomes faster and shallower.
4. Holding your breath for long periods helps your body relax.
5. Paying attention to the rhythm of your breath can help you focus and feel calmer.



Part 3. Read each statement and decide if you agree, disagree, or partially agree. Then explain why.

1. My breathing changes when I'm stressed.
2. Counting the breath can help you focus.
3. Short, fast breaths relax the body.
4. Calming down is mainly a physical skill, not a mental one.
5. You need a quiet room to relax.

VIDEO ACTIVITY

Part 1. Before you watch the video, discuss the following questions.

1. What do you think "box breathing" means?
2. When might people use it in real life?
3. What do you expect the steps will be?

Part 2. Watch the video and check your answers to the previous questions. Provide more details about the box breathing technique.

Details

- 1.
- 2.
- 3.
- 4.
- 5.



Part 3. Watch the video again, this time taking part in the breathing exercise yourself. Then, share how it made you feel.

I feel...

- 1.
- 2.
- 3.

Part 4. Answer the questions below in one short sentence.

1. What is box breathing designed to help with?
2. What are the four steps and how many counts for each?
3. What does counting the breath help you do?
4. When does the speaker say they use this technique?
5. What should you do if it feels uncomfortable?

VOCABULARY & SPEAKING

Part 1. Complete the sentences with one correct word from the list below.

Intentional	Calm	Focus
Ease	Present	Re-centre

1. Counting the breath helps you _____ and stay on task.
2. Breathing slowly can _____ the mind.
3. When you pause and breathe, you can _____ yourself in the moment.
4. Box breathing brings attention back to the _____ moment.
5. The exercise uses slow, _____ breaths to quiet the body.
6. It helps the body to _____ and release tension.



Inhale	Hold	Return
Relax	Exhale	Regain

7. You _____ through the nose for four.
8. You _____ through the mouth for four.
9. You _____ the breath for four before starting again.
10. Many people use this technique to _____ calm before stressful situations.
11. Afterwards, you _____ to a natural breathing rhythm.
12. It's also helpful to _____ the shoulders and face muscles.

Part 2. Discuss the questions.

1. Which of these actions do you find easiest?
2. How could you remind yourself to practise them during your week?

Part 3. Look at the real-life stressful scenarios below. Would box breathing help? What else could you try?

- Waiting for an interview
- Stuck in traffic and running late
- About to give a presentation
- Can't sleep because your mind is busy

Say what your **first reaction** usually is, then how you could respond **more calmly**.

Part 4. Imagine you have a simple “calm box” that holds four things which help you stay relaxed and centred. These can be actions, objects, or thoughts – anything that brings calm when you need it.

Breath (e.g. slow exhale)	Movement (e.g. short walk)
Environment (e.g. tidy space)	Thought (e.g. gratitude)

REFLECTION

Discuss the following questions.

1. How do you feel after practising the technique?
2. When, in your daily life, could you realistically use it?
3. What small change will you try this week?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write about a stressful situation and how box breathing (and one other strategy) could help. Use at least 6 phrases from the word bank.

