



# IGF Kids Video Lesson

**Video Title:** *Episode 1: Smell the Rose, Blow Out the Candle*

**Description:** *MJ and his family have just come home from volunteering all day and are hungry and tired, which causes short tempers. Mom and MJ know a breathing tool called Smell the Rose, Blow Out the Candle, that helps them calm down and refocus.*

**Guiding Question:** *How do deep breaths help calm my body?*

- Students will experience the effects of slowing their breathing
- Students will learn the biology of breathing deeply and intentionally
- Students will be able to define the function and location of the Vagus nerve

**Ask students to:**

- Observe each character
- Identify the reasons behind the feelings and emotions in each scene
  - Relate the scenarios in the episode to their personal lives
- Connect the character's emotions with the way the character is behaving
  - Reflect on THEIR behaviors when they are upset
- Practice along with the tool in the video

## PLAY VIDEO

**PAUSE VIDEO: (2 MIN 17 SEC)** *Right after mom yells at MJ, and before she pauses to take a deep breath*

**ASK:**

- How was mom feeling at this point in the video?
  - Why do you think that is?
  - Have you ever felt this way?
- How was MJ feeling at this point in the video?
  - Why do you think he is feeling this way?
  - Have you ever felt this way?

**PAUSE VIDEO: (3MIN 7 SEC)** *Right before IGF Kids start to teach the tool.*

**ASK:**

- How is YOUR body feeling right now?

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: (4 MIN 03 SEC)** *At the end of the tool.*

**ASK:**

Repeat what McKenzie says at the end: “When you take deep breaths, it fills your body with oxygen and activates the Vagus Nerve in our belly, that sends a message to our brain that we are calm and Okay.”

- How does your body feel after practicing *Smell the Rose, Blow Out the Candle*?
- Do you notice a difference in your body?

MENTION:

Kasim the Science kid is going to explain the Vagus Nerve, pay attention because I am going to ask you where it is.

**REFLECTION**

Have students show where the Vagus nerve is located or draw a picture of where the Vagus nerve is located and how it works.

In pairs, triads, or small groups, have students share a time when they could have used *Smell the Rose, Blow Out the Candle*.