



# IGF Kids Video Lesson

**Video Title:** *Episode 5: Praying Hands\**

\* The name "Praying Hands" refers to a way of holding your hands. IGF respects everyone's individual beliefs and understands not everyone prays or prays with their hands together. Educators may wish to discuss the name with students or change the name of the tool.

**Description:** *Giana is sad that her little sister always gets to hug their big sister first when she comes to visit. And, breathing tools don't always help her feel better. Learn how Giana and her big sister, Mari, work together to help her feel better.*

**Guiding Question:** *Who feels better after YOU take a deep breath?*

- Students will experience the aftermath of fully calming their nervous system.
- Students will learn that breathing does not magically get rid of our trigger or "problem". Breathing is just the first step to calming yourself well enough to solve the problem.
- Students will understand that breathing deeply is a SELF-care tool, not a problem-solving solution.
- Students will be able to define exhale and inhale.

**Ask students to:**

- Observe each character
- Think about why Giana wasn't magically better after being offered a tool
- Distinguish between them helping themselves feel more calm and safe, versus helping those around us feel calm and safe
- Practice along with the tool in the video

## PLAY VIDEO

**PAUSE VIDEO: (1 MIN 37 SEC)** *After Zoe recommends "Praying hands" as a tool*

### ASK:

- Which character seems upset in this scene? Mari, Zoe, or Giana?
  - Why do you think she is upset?
  - Do you think Mari and Zoe know that she is upset? Why or why not?

**PAUSE VIDEO: (2 MIN 48 SEC)** *First step of Praying Hands*

MENTION:

You do NOT have to bring your hands down to your belly. If you prefer you can place them at the center of your chest instead. Zoe and Giana are going to talk a lot, do not hold your breath while

they talk, just follow the movements the first time practicing. \*Giana and Zoe will invite participation at 3MIN 50SEC.

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.) Giana and Zoe will invite participation at 3MIN 50SEC.

**PAUSE VIDEO: (5 MIN 25 SEC)** *After Word of the Day*

**ASK:**

- What is another word for breathing IN?
- What is another word for breathing OUT?  
(You can make this a fun game by saying “INHALE” to see students all breathe in, and call out “EXHALE” for them to breathe out. It’s a few extra breaths for their nervous system and a way to help them retain the new vocabulary words.)

**PAUSE VIDEO: (6 MIN 55 SEC)** *Giana admits that “Praying Hands” doesn’t always work*

**ASK:**

- Giana just said “Praying Hands” doesn’t always help! Why do you think that is?
  - Have you ever used one of the IGF tools and still felt bad after?
  - Why do you think that is?
- What do you think Mari can do to help Giana feel better?

## REFLECTION

Did Giana need a breath to figure out what was really bothering her? How did Mari help Giana? Why do you think that solution was so important? Do you think the solution was more important than the breath?

## DISCUSS

Breathing does not make problems go away, it only calms our nervous system so that we can think clearly in order to find a good solution. When we take a breath it only calms me down, not others around me, or the problem. Likewise, you can’t expect others to become calm because *you* took a breath. After breathing, we still need to find a solution, and sometimes we can find the solution first, but still need a breath to calm our nervous system.