

Vocabulary:

Goal - Something that you hope to achieve in the future.

Dedication - Feeling strong support or loyalty to someone or something.

Perseverance - The act of continuing to try to do something, even though it may be hard.

Teacher's Notes:

How To Begin and End Each Lesson

Begin With a Breath Brake

Instruct students to stand at attention, repeat the hand motions and the mantra, **Power Peace Purpose**, and end with a bow. Ask students to take several breaths to clear their minds and prepare to watch the video.

Teacher Statement:



The Breath Brake helps us clear our minds, relax and focus. Focused breathing stops the flow of stress chemicals from the brain. You can close your eyes if you want to. Follow along:

- ★ *Breathe in through your nose, slowly and deeply. Think of each breath as a wave as it gently raises, holds, and then slowly lowers your body.*
- ★ *Hold it for three seconds.*
- ★ *Breathe out slowly and steadily from your mouth while you feel your body gently relax.*
- ★ *Breathe in and visualize that you are breathing in a powerful light.*
- ★ *Breathe out and imagine you are blowing out any darkness.*
- ★ *Breathe in, hold for 3 seconds, then breathe out. Repeat as needed.*

*Remember when you breathe, you are helping others who need your light. **Power Peace Purpose.***

There are thousands of children around the world who spend a lot of time in the hospital. Sometimes, they feel very lonely. When you join the Heroes Circle, it makes them feel better. When you do your power breathing you are also teaching your family and friends around you. You are an amazing teacher and a good friend!

End with Power Peace Purpose:

Recite and review the Power Peace Purpose mantra with students at the end of each day's lesson. Then, the students bow.



The Breath Brake helps you restore your power, brings you to a place of peace, and enables you to understand your purpose.

Day 1: WATCH



Focus: Social Awareness

Students will watch a video that focuses on an introduction to the Heroes Circle, the [Power Peace Purpose](#) mantra, and the importance of setting goals in life. In this lesson, students will:

Learning Objectives: In this lesson, students will:

- Observe how children in the Heroes Circle use the power of martial arts, breathing, and movements to build strength.
- Identify the importance of hard work, dedication, and perseverance in reaching a personal goal.
- Practice the Breath Brake and repeat the [Power Peace Purpose mantra](#).

Time Requirement:

15 minutes



Materials Needed:

Video - [HeroesCircle.org/SupportMaterials4](#)

Lesson Process:

1 Begin with a Breath Brake:

Begin the lesson with the mantra [Power Peace Purpose](#). Then, students bow. Lead students through a Breath Brake.

2 Introduce key concepts:



Today we are going to join the Heroes Circle. The Heroes Circle children from all over the world, some of who are battling illnesses. They use the power of martial arts breathing and movements to feel super strong in all sorts of situations in life. When you join the Heroes Circle, you are sending a message of support and helping them feel even stronger! Your light will be making a big difference in their lives and the lives of everyone you know! This week we will focus on the importance of hard work, dedication, and perseverance when working on a goal that you set for yourself.

3 Show the video:

Show Video – [HeroesCircle.org/SupportMaterials4](#)

4 Talk about key concepts:



As part of the Heroes Circle, you will learn important martial arts techniques to help you find your strength, light, and power. You will learn valuable tools that will help you manage stress, fear, and anger for the rest of your life – tools that you can also use to teach others. You will also gain a world-wide support network of people sharing their light with you because they believe in your awesomeness!

Use the following talking points to encourage students to think about the Heroes Circle.

- How will being part of the Heroes Circle improve you, your school, and your community? Responses will vary.
- Give an example of how or when you could use the Breath Brake. How could this powerful response help a situation? Responses will vary.
- As a powerful martial artist in the Heroes Circle, you are connected to children from other cultures around the world. What do you think about that? Responses will vary.



5 End with Power Peace Purpose mantra:

[Power Peace Purpose](#). Then, students bow.

Day 2: THINK

Focus: Responsible Decision Making

Students will be encouraged to think and talk about the Heroes Circle, the **Power Peace Purpose** mantra.

Learning Objectives: In this lesson, students will:

- Identify the meaning of the **Power Peace Purpose** mantra.
- Describe how the Breath Brake stops the release of the brain's stress hormones and minimizes the body's stress response.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



*Remember the Heroes Circle video that we watched yesterday. We learned about the Heroes Circle, the **Power Peace Purpose** mantra, and how to do a Breath Brake.*

Ask students to share what they remember or learned from the video.

3 Think about key concepts:



*Today we will talk more about the Breath Brake and the meaning of the mantra, **Power Peace Purpose**. The Breath Brake is a breathing technique based on martial arts principles. It combines movement with each breath to put the brakes on stress chemicals released in the body. When students use the Breath Brake, they self-regulate their response to pain, anxiety, and stress.*

4 Talk about key concepts:

Discuss the following talking points as a whole class, in a small group, or partner pairs:

- What makes the Breath Brake a safe, powerful, and easy way to manage stress, pain, anger, and fear? Responses may include:
 - It can bring you calm, peace, and joy. It can release pain, fear, and anger.
 - It relaxes muscles. It stops signals from the brain that try to trick you.
 - Martial artists use it to be more powerful.
- How could your decision to use a Breath Brake help when you face a stressful situation? Responses will vary.
- Give an example of how the Breath Brake could help you manage an academic or social situation more powerfully? Responses will vary.
- How does your Breath Brake help others in your class, school, and the Heroes Circle? Responses may include:
 - You can teach and inspire others to respond to stress with calm confidence when you do a Breath Brake.
 - The Breath Brake can help create a calm and peaceful school climate where people can deal with stress effectively and safely.
 - When you do a Breath Brake, you share your light with others.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

The Heroes Circle mantra, **Power Peace Purpose**, captures our goal of helping children who are experiencing stress:

- **Power:** Children may feel powerless. The Heroes Circle helps children recognize and connect to their power to establish inner control even if they feel stressed or overwhelmed.
- **Peace:** When using the Heroes Circle martial arts techniques children can combat negative thoughts, eliminate self-defeating behaviors, and navigate challenging social situations, restoring them to a place of real power.
- **Purpose:** The Heroes Circle participants adopt a mindset of helping other children who may be in pain. Teaching others reinforces what they have learned and adds perspective to the difficulties they may have encountered. When we ask children their purpose, they yell out, "TO TEACH THE WORLD!"

Using the Breath Brake and the **Power Peace Purpose** mantra can calm the body, help regain control, and allow people to make better decisions when managing stressful situations.

Day 3: DISCUSS

Focus: Relationship Skills

Students will talk with each other about the Heroes Circle, the **Power Peace Purpose** mantra, and setting goals.

Learning Objectives:

In this lesson, students will:

- Identify the importance of goal setting in life.
- Analyze how hard work, perseverance, and dedication can help them reach a goal.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



Remember the video we watched. We learned how to set goals and work hard to reach those goals. We learned about perseverance and dedication. What were some of the other important messages we learned from the video about the Heroes Circle?

Ask students to describe how hard work, perseverance, and dedication can help them reach their goals.

3 Discuss key concepts:



Today, we will talk more about the kind of goals you can set (academic, physical, personal, or social) and your ideas about a goal you'd like to set for yourself.

Split the class into teams and assign each team a goal category (academic, physical, personal, or social). Ask teams to brainstorm and create a list of goal examples for that category. Have a spokesperson from each team share the goal examples in the assigned category. Post the lists in the classroom so students can refer to them.

Use the following talking points to encourage discussion about the Heroes Circle, goals, and the mantra:

- **What does the Power Peace Purpose mantra mean? Responses may include:**
 - You have power that you can use when you feel stressed, overwhelmed, angry, or in pain.
 - You can find peace when you breathe, focus, heal and learn in a place of calm.
 - Your purpose is to teach others to find their Power Peace Purpose.
- **How can your role in the Heroes Circle positively affect you and others? Responses may include:**
 - When you use powerful martial arts tools, you teach others how to use them.
 - When you take a Breath Brake, you share your light, peace, calm, and power with others.
 - Responses will vary.
- **Think about the goal you'd like to set for yourself. Describe how hard work and perseverance will help you reach it. Responses will vary.**

4 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Day 4: APPLY

Focus: Self-Management

Students will work independently to apply the concepts from the Heroes Circle and the **Power Peace Purpose** mantra [video] to a self-reflective activity about setting goals.

Learning Objectives: In this lesson, students will:

- Reflect on and assess their ability to manage stress and express feelings.
- Identify a stress management or self-expression goal in detail.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET -
4A: REFLECT AND RESET

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.


2 Review key concepts:

Yesterday, we talked about different goals we could set for ourselves. We brainstormed examples of goals in these categories: academic, athletic, personal, or social.



Today, you will use those ideas to set a goal for yourself. Remember, it should be achievable with dedication, perseverance, and hard work. Think about your current ability to manage stress and/or express emotions. Think about how you could do better. Then choose a specific behavior you would like to start doing more frequently or improve upon.

3 Personalize key concepts:

 Use the following talking points to encourage students to reflect on and personalize the key concepts:

- Describe how you typically manage stress and express your feelings. Do you ever overreact or act negatively? Responses will vary.
- What goal would you like to (or did you) set for yourself? Why did you choose that goal? Responses will vary.
- What strengths or interests do you have that can help you reach your goal? Responses will vary.
- Who can support you in reaching your goal? Responses will vary.

4 Apply key concepts:

Distribute the ACTIVITY SHEET - 4A: REFLECT AND RESET. Ask students to work independently to complete the activity sheet.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Activity Sheet - 4A: REFLECT AND RESET

Name _____ Date _____

**Reflect and reset how you manage stress and express yourself.
Set a goal for behavior change! Finish the sentences about how you respond now, how you can improve, and how you can reach your goal.**

HOW I RESPOND NOW:

I respond to stress by _____

I express my feelings (especially anger) by _____

Once, I overreacted or acted out and _____

.....

HOW I CAN IMPROVE:

I want to learn how to _____

One behavior I want to change is _____

My goal is to _____

.....

HOW I CAN REACH MY GOAL:

The Heroes Circle can help me _____

I will work hard to _____



My support system includes:



and everyone in the Heroes Circle.

Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about the Heroes Circle, the **Power Peace Purpose** mantra, and setting goals.

Learning Objectives: In this lesson, students will:

- Share feelings about the Heroes Circle, mantra, Breath Brake, and their goal for the future.
- Share 2-3 techniques they will use to help reach their goal.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET -
4A: REFLECT AND RESET

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



This week, we learned about the Heroes Circle and the techniques that will help us gain Power Peace Purpose in life. We practiced the Breath Brake and repeated the mantra. Then we learned about the importance of setting personal goals and how goals can motivate, give direction in life and drive us forward. We also learned how hard work, perseverance, and dedication could help us reach those goals.

3 Share the learning:



Today, we will review the goals you've set and share what you've learned about the Heroes Circle, the mantra, the Breath Brake, and how those things can help you reach your goal.

Ask students to reflect on their completed activity sheet, ACTIVITY SHEET - 4A: REFLECT AND RESET.

Use the following talking points to encourage discussion about the Heroes Circle and its goals:

- How do you feel about joining the Heroes Circle? Responses will vary.
- How can the Breath Brake help you manage your stress and respond to situations? Responses will vary.
- How will your goal, hard work, dedication, and perseverance help improve the whole school? Responses will vary.
- How can taking responsibility for your actions and feelings impact the school? Responses will vary.



4 Summarize key concepts:



This week, we learned about the Heroes Circle, the Power Peace Purpose mantra, and the Breath Brake. We learned about goals, and the importance of hard work, dedication, and perseverance in reaching those goals. As we move toward our goals as powerful martial artists, let's use the techniques and tools we've learned and build on them.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.