

## I. Introductions

- A. Instructor and Student introductions
  - 1. Instructors Expectations
    - a. Promptness
    - b. Participate in all activities at your pace
    - c. Cell Phone Courtesy
  - 2. Students expectations
    - a. Written on white board
    - b. Expectations discussed

## II. Science

- A. Formal and Informal Applications
  - 1. (2 minute Wim Hof video) brief explanation of Wim Hof Breathing
  - 2. Students are guided through a round of breathing
  - 3. Discussion on their experience of the breathing technique
  - 4. Effects on the Cardiovascular and Nervous Systems explained

## III. Breathing / Exercise

- A. 3 types of breathing techniques
  - 1. Square Breathing
  - 2. Combat Breathing (video of Olympic boxers)
  - 3. Wim Hof Breathing
- B. Exercises implemented with WIM Hof breath
  - 1. Strength/Balance
    - a. Push ups
    - b. Crow
    - c. Peacock
  - 2. Spine Alignment Yoga Poses
    - a. banasana
    - b. cobra
    - c. child's pose
    - d. half pigeon (on your back)
    - e. tuck knees in
    - f. Twist

3. Abdominal work
  - a. Belly breathing
  - b. Diaphragm awareness
  - c. Core exercises
4. Relaxation
  - a. Calming breath
  - b. Full body awareness  
(10 Minute Break)

#### IV. Connecting with Partners

- A. Focus Mitt Exercises
  1. Combat breathing while striking pads
- B. Sticky Hands Exercise
  1. Balance Exercise with partner
  2. Breath awareness (Breath Cues)
- C. Chaotic Crowd
  1. Moving through
  2. Going with the flow
- D. Eye Contact
  1. Focus is on understanding
  2. Awareness of self and partner
    - a. Partner
    - b. Witness / brother got shot

(Lunch Break)

#### V. Breathing Review/Practice

- A. Square Breathing
- B. Boxer's breath
- C. WIM Breathing

#### VI. Verbal Communication / De-escalation

- A. Greetings
  1. Hi, how are you?
    - a. Service
    - b. Control

B. Addressing Anger

1. Acknowledge behaviour
  - a. "Wow, you're really upset!"
2. Active listening
  - a. "Tell me what happened"
3. Paraphrase
  - a. "So you're upset because..."
4. Scenario training: Addressing Anger

C. Giving a directive:

1. "Sir or Mam, please (give directive)
2. "You are expected to (desired behavior)
3. "If you do not (desired behavior) you will be (Consequence)
4. "It looks like you have a decision make, you're right, you can (undesired behavior) and what will happen is (Consequence) or you can (desired behavior) and (positive outcome)."

D. Stopping disruptive behavior:

1. "What are you doing?"
2. "Are you supposed to be (Negative behavior)?"
3. "What happens when you (Negative behavior)?"
4. "It looks like you have a decision to make, you're right, you can (undesired behavior) and what will happen is (Consequence) or you can (desired behavior) and (positive outcome)."

E. Scenario training

1. Giving a directive
2. Stopping disruptive behavior

VII. Transition Breathing:

A. 10 deep Wim Hof Method breaths:

B. Calm breaths

1. Inhales and exhales through the nose
2. Focus on the gap between the exhale and the inhale as the breaths slow down
3. Internal dialogue
  - a. Congratulate yourself for making it home.
  - b. Forgive yourself for any shortcomings during your shift

- c. I am thankful for (or) I love .....(examples; my family, wife/husband, children, pets, life, myself.)