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 behavior
   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 to 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.)