



I Remember My Breath

Mindful Breathing for All My Feelings

ASCA Alignment

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Book Title: *I Remember My Breath* by Malcolm Munene and Kyra Ostendorf

ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-Readiness Standards for Every Student

Each of the following standards can be applied to the academic, career and social/emotional domains.

Category 1: Mindset Standards: School counselors encourage the following mindsets for all students.

M 1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
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Category 2: Behavior Standards: School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

Learning Strategies

Self-Management Skills

B-SMS 2.	Self-discipline and self-control
B-SMS 6.	Ability to identify and overcome barriers
B-SMS 7.	Effective coping skills

Social Skills

B-SS 3.	Positive relationships with adults to support success
B-SS 4.	Empathy

ASCA Student Standards: M 1, B-SMS 2, B-SMS 6, B-SMS 7, B-SS 3, B-SS 4