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used in a chair if space is limited and do an excellent job of releasing tension and increasing oxygen flow.

- x Breathing exercises are another way to complete the stress response cycle; these exercises naturally align with training young musicians to develop strong breath support. Slow, controlled breaths tell the brain that the body is safe, which signals the body to relax. The teacher can use a breathing ball to demonstrate the movement of the lungs to breathe in for four seconds and out for four seconds, then in for two and out for eight, and next in for two while raising the arms and

## Outside of the School Day

While some stress reduction strategies

