



BEFORE EVERY PRACTICE • 60 SECONDS

The Box Breath.

One minute, four cycles, no equipment. Run this once before her math practice opens, and the amygdala-fear loop quiets. The problem on the page didn't change. Her ability to see it did.



1 INHALE through the nose • 4 seconds

Trace the top edge of the box with your eyes. Belly rises before chest.

2 HOLD at the top • 4 seconds

Trace the right edge. Lungs full. Shoulders stay down.

3 EXHALE through the mouth • 4 seconds

Trace the bottom edge. Long, slow, quiet. The exhale is the one that matters.

4 HOLD at the bottom • 4 seconds

Trace the left edge. Empty, quiet. Then start over at 1.

FOUR CYCLES • 64 SECONDS • THEN OPEN THE WORKBOOK

1

CYCLE

0:00 – 0:16

2

CYCLE

0:16 – 0:32

3

CYCLE

0:32 – 0:48

4

CYCLE

0:48 – 1:04

WHY ONE MINUTE CHANGES THE NEXT TWENTY

THE NERVOUS SYSTEM

The extended exhale increases vagal tone and recruits the parasympathetic branch. Heart rate slows. Shoulders drop. The amygdala-dominant threat response quiets so the prefrontal cortex can come back online. Translation: the problem on the page didn't change — her ability to see it did.

THE ANCIENT PART

Vedic physiologists called this *sama-vritti* — equal breath. Three thousand years before Navy SEALs rediscovered it as box breathing, Indian meditators used it before their most difficult cognitive work. The science is new. The practice is not.