

<b>STRATEGY GROUP: Affective</b>
<b>STRATEGY SET: Lowering your anxiety</b>
<b>STRATEGY:</b> Using progressive relaxation, deep breathing, or meditation

All of these techniques can be used in the classroom or just about anywhere else. A few minutes of relaxation in the classroom or at home using progressive relaxation, deep breathing, or meditation will help learners accomplish their learning tasks more peacefully and more efficiently. Train your students to use these techniques.