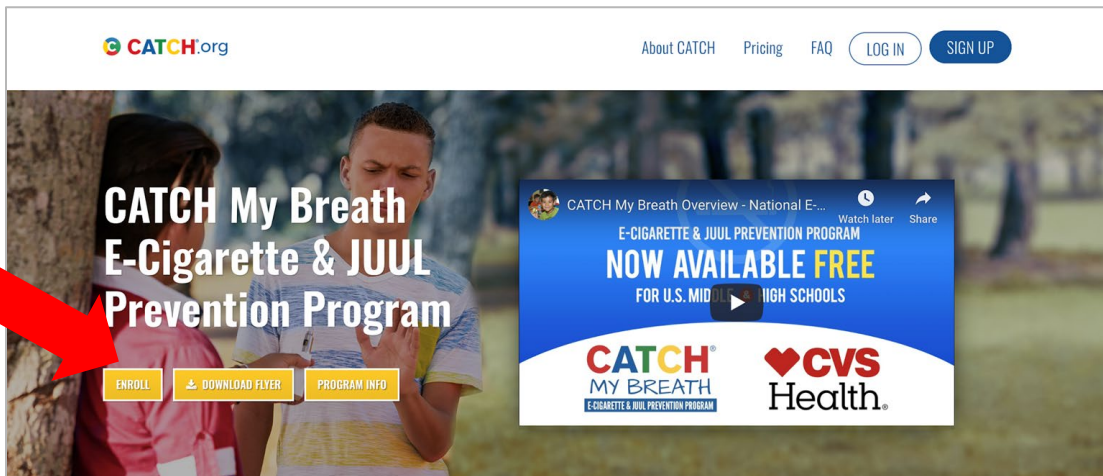
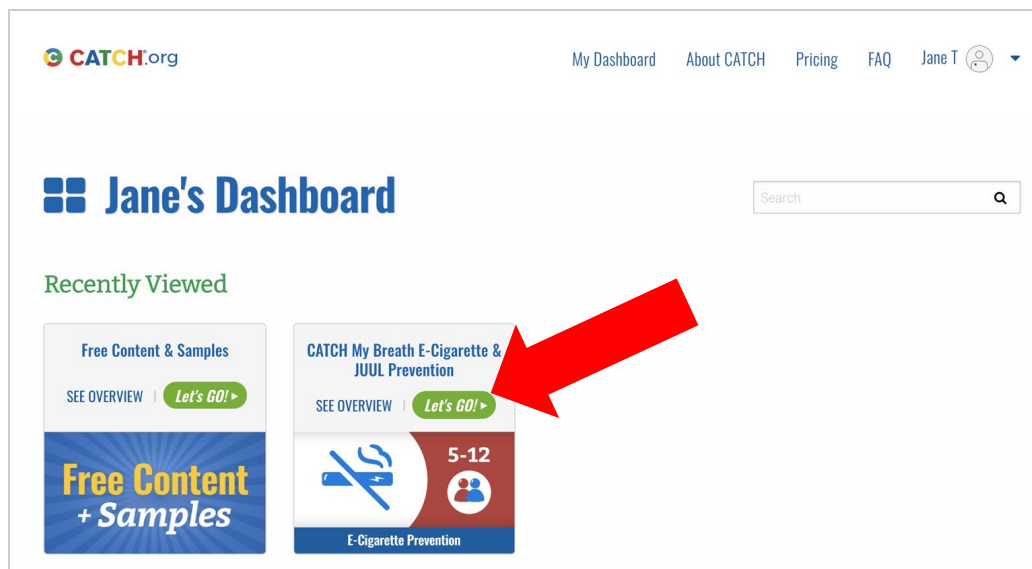


How to Enroll in and access the CATCH My Breath Materials

1. Go to catchmybreath.org
2. Click “Enroll” to create your account.



3. Click the “Let’s GO” button



4. Complete “Classroom Enrollment” form – this MUST be done in order to view the materials

The screenshot shows the CATCH.org interface. On the left is a navigation sidebar with the following items: 'Welcome', 'Program Overview', 'Teacher Training (All Grades)', 'Parent Resources Page', 'Program Resources', 'Classroom Enrollment Form (Required)' (marked with a green checkmark), and '5th - 6th Grade'. A red arrow points to the 'Classroom Enrollment Form' item. The main content area is titled 'CATCH My Breath Classroom Enrollment (Required Annually)' and displays 'QUESTION 1 OF 3' with the text: 'Approximately how many students do you plan to reach with this program during the 2019-2020 school year?'. A modal dialog box is overlaid on the form, containing the text: 'Prerequisite(s) have not yet been completed!', 'To unlock program content, please complete the Classroom Enrollment Form (Required)', and an 'OK, GOT IT' button.

For technical assistance, please email catchmybreath@catch.org.