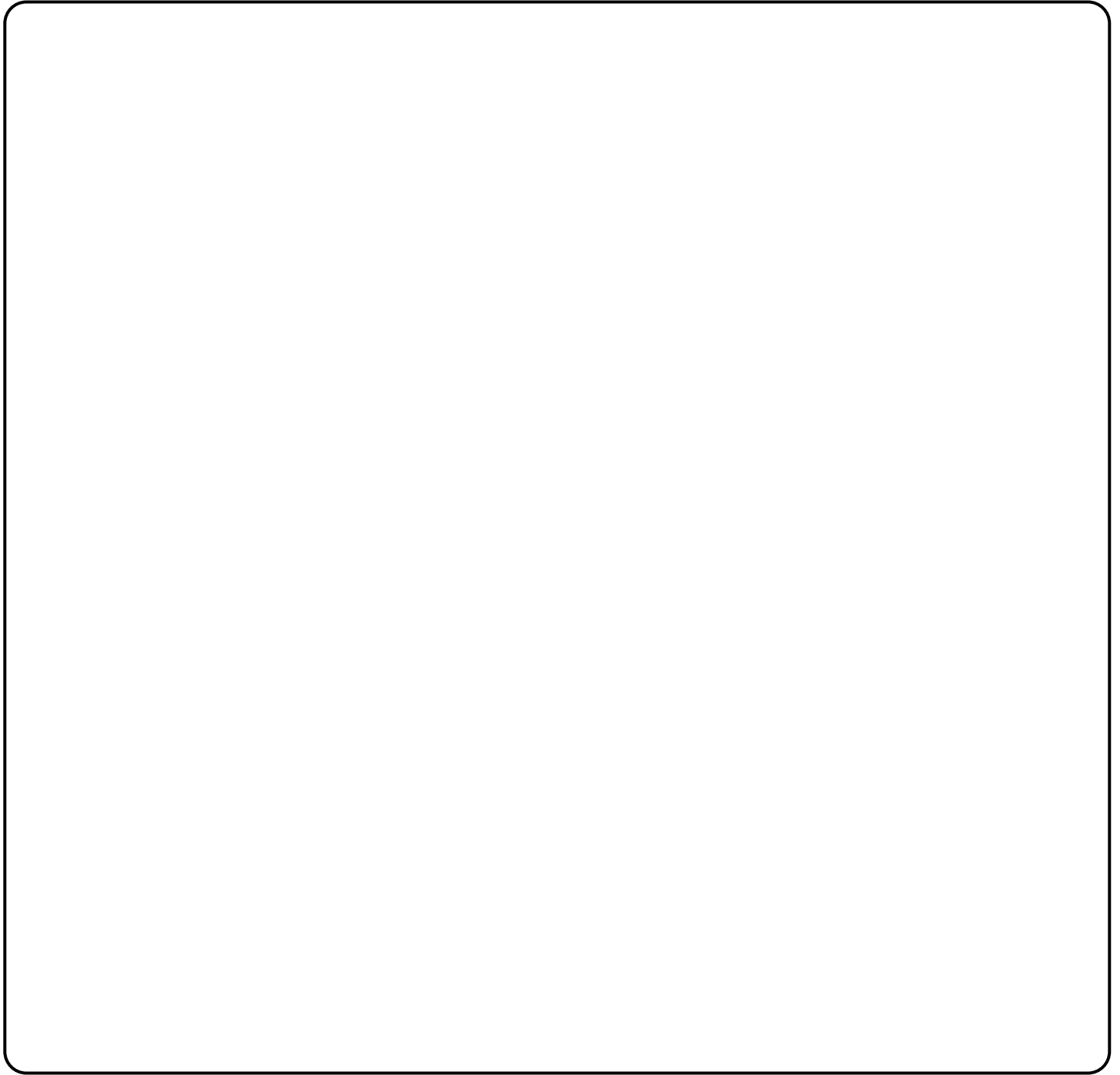


Name:

Date:

My Visualization Breathing Exercise!

Represent your visualization breathing exercise below.



When would be a good time to use this visualization breathing exercise during your day?
