Name:		Date:	
	My Visualization E	Breathing Exercise!	

Come up with your own visualization breathing exercise! Combine deep breathing with your imagination to create a relaxing experience. Choose a theme or setting for your visualization, and incorporate elements that align with your theme or setting.

Theme/Setting:
Elements:
Write your visualization breathing exercise in simple steps that outline the theme, setting and elements, and how to synchronize the breath with the visualization.

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	My Visualization Breathing Exercise!	
Represent your visu	valization breathing exercise below.	
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When would be a (good time to use this visualization breathing exercise during your d	ay