

# Breathing Exercises

Name: \_\_\_\_\_



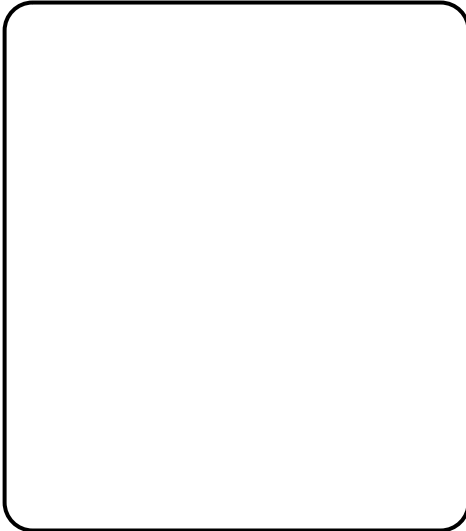
Name:

Date:

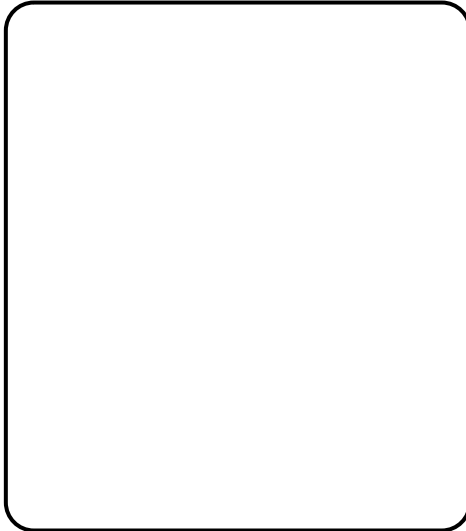
## Cloud Breathing

Describe or represent how you felt before, during and after doing the cloud breathing exercise.

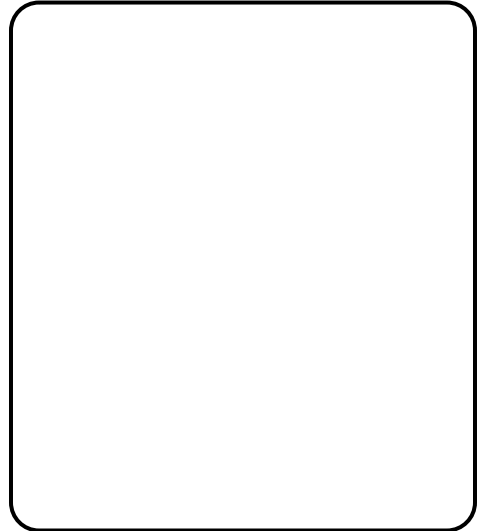
**BEFORE**



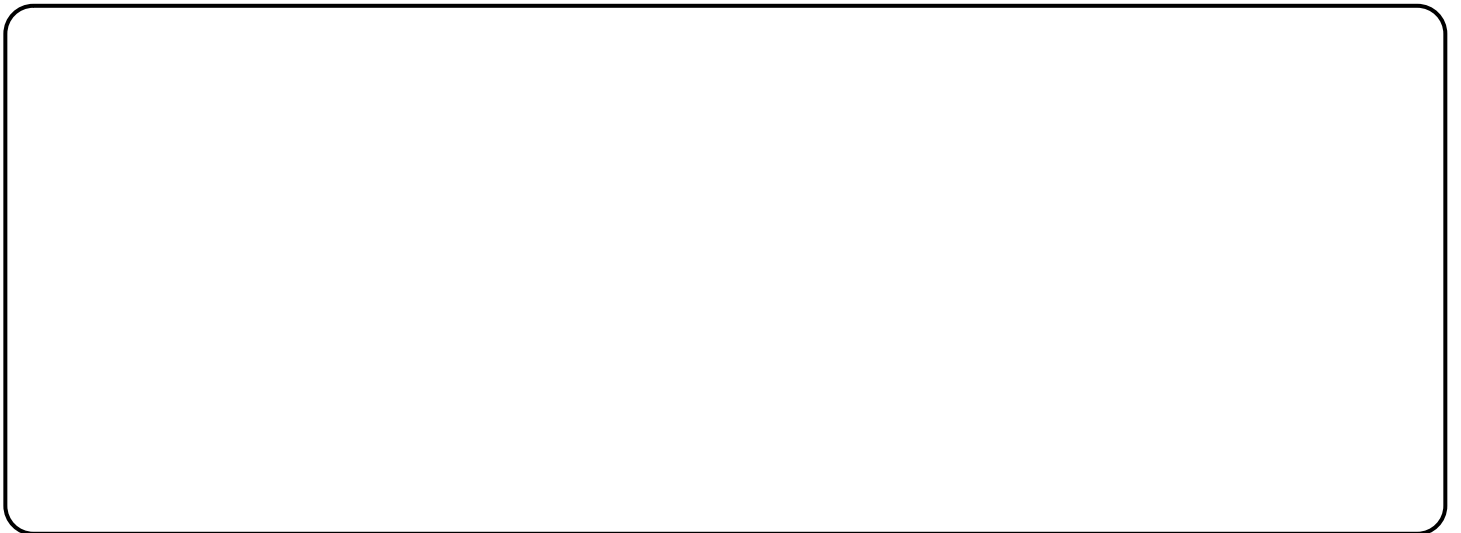
**DURING**



**AFTER**



Represent what you visualized during today's breathing exercise in detail.



When in your everyday life can you see yourself using this breathing exercise?

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Name:

Date:

## Ocean Wave Breathing

Describe or represent how you felt before, during, and after doing the ocean wave breathing exercise.

**BEFORE**

**DURING**

**AFTER**

Represent what you visualized during today's breathing exercise in detail.

When in your everyday life can you see yourself using this breathing exercise?

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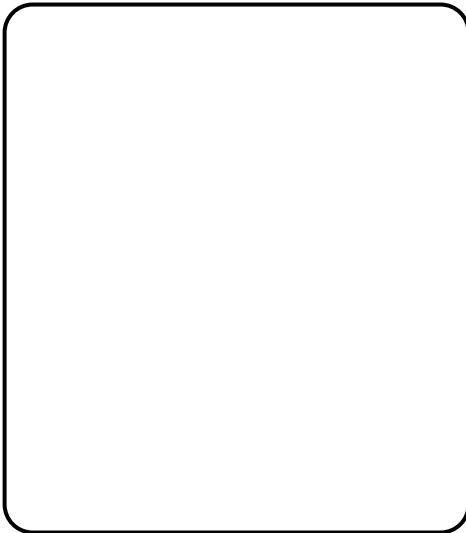
Name:

Date:

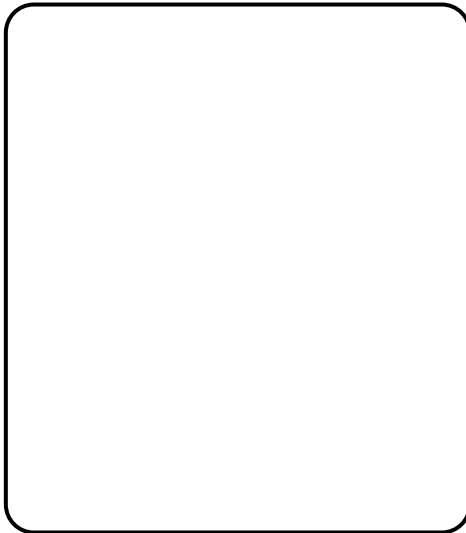
## Rainbow Stream Breathing

Describe or represent how you felt before, during, and after doing the rainbow stream breathing exercise.

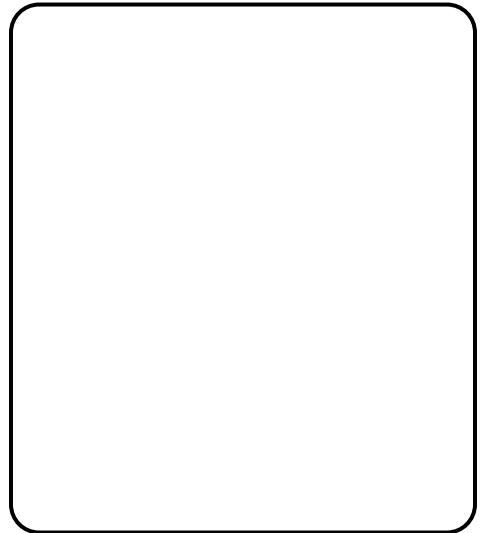
**BEFORE**



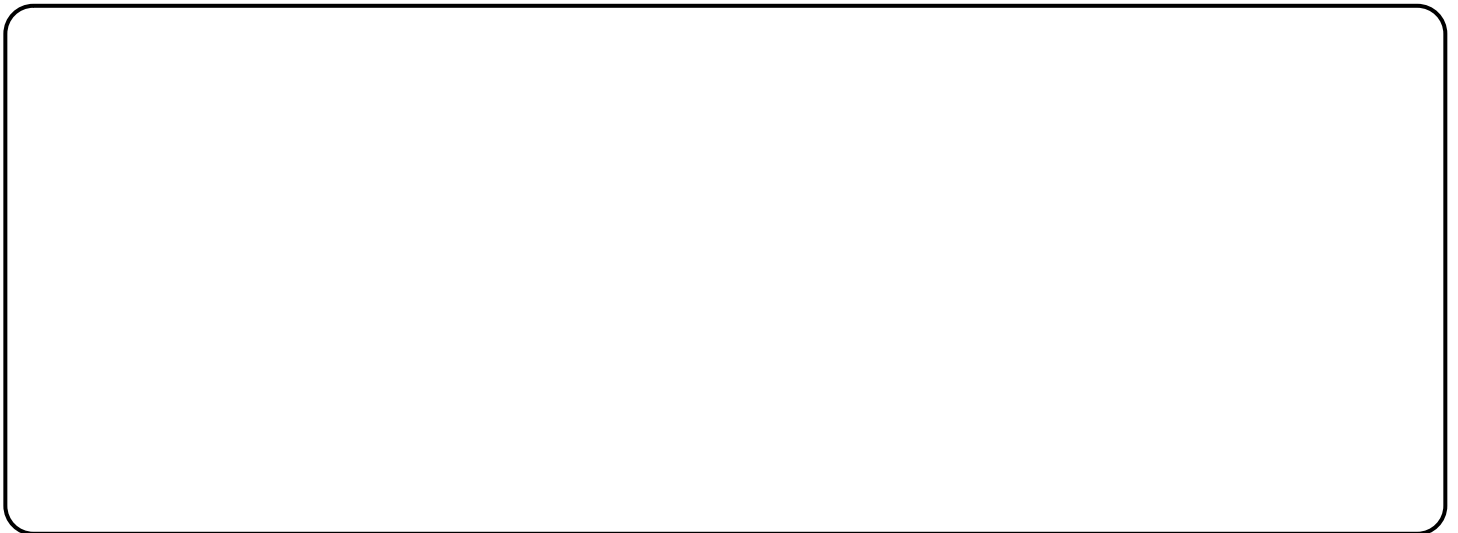
**DURING**



**AFTER**



Represent what you visualized during today's breathing exercise in detail.



When in your everyday life can you see yourself using this breathing exercise?

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Date:

## Spider Web Breathing

Describe or represent how you felt before, during, and after doing the spider web breathing exercise.

**BEFORE**

**DURING**

**AFTER**

Represent what you visualized during today's breathing exercise in detail.

When in your everyday life can you see yourself using this breathing exercise?

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Name:

Date:

## Garden Breathing

Describe or represent how you felt before, during, and after doing the garden breathing exercise.

**BEFORE**

**DURING**

**AFTER**

Represent what you visualized during today's breathing exercise in detail.

When in your everyday life can you see yourself using this breathing exercise?

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