

Name:	Date:

Bubble Pop Breathing

	Name:		Date:	
		Starfish Bro	eathing	
Rep	present what you visualize	d during toc	day's breathing exercise	
	, 		, ,	

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

N	ame:		Date:	
		Feather Br	eathing	
Repre	esent what you visualize	ed during too	day's breathing exercise.	

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

Name:	Date:
R	Rocket Breathing
Represent what you visualized o	during today's breathing exercise.
Vhen would be a good time to	o use this breathing exercise during your day?

Name:	Date:

Butterfly Wings Breathing