



# Breathing Exercises

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



Name:

Date:

## Bubble Pop Breathing

Represent what you visualized during today's breathing exercise.



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

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## Starfish Breathing

Represent what you visualized during today's breathing exercise.



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## Feather Breathing

Represent what you visualized during today's breathing exercise.



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## Rocket Breathing

Represent what you visualized during today's breathing exercise.



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## Butterfly Wings Breathing

Represent what you visualized during today's breathing exercise.



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

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