

Name:

Date:

MINDFUL BREATHING

Purpose: To practice focusing on the breath to calm the mind.

Instructions:

Sit quietly and focus on your breathing for 5–10 minutes.

Use the space below to write your observations.

What did you notice about your breathing?

Did your mind wander? What did it wander to?

How did your body feel before and after the exercise?

What emotions came up, if any?