

Name : _____ Date : _____

MINDFUL BREATHING FOR CALMING

Instructions:

Take a few slow breaths. Breathe in through your nose and out through your mouth.
Focus only on your breathing for one minute. Then answer the questions below.

What did your breathing feel like when you focused on it?

Was it easy or difficult to stay focused on your breath?

What thoughts came into your mind while breathing?

How did your body feel before the exercise?

How did your body feel after the exercise?

Did you notice any tension leaving your body?

When could you use mindful breathing in your daily life?
