



Breathing Exercises

Name: _____

Name:

Date:

Deep Belly Breathing

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

BEFORE

DURING

AFTER

Describe or represent what you noticed in your mind and body while practicing deep belly breathing.

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

Name:

Date:

4-7-8 Breathing

Describe or represent how you felt before, during, and after doing the 4-7-8 breathing exercise.

BEFORE

DURING

AFTER

Describe or represent what you noticed in your mind and body while practicing 4-7-8 breathing.

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

Name:

Date:

Progressive Relaxation Breathing

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

BEFORE

DURING

AFTER

Describe or represent what you noticed in your mind and body while practicing progressive relaxation breathing.

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

Name:

Date:

Equal Breathing

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

BEFORE

DURING

AFTER

Describe or represent what you noticed in your mind and body while practicing equal breathing.

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

Name:

Date:

Colour Breathing

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

BEFORE

DURING

AFTER

Describe or represent what you noticed in your mind and body while practicing colour breathing.

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