

	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 y	ou noticed in your mind and bo	dy while practicing deep belly		
When in your everyday life co	an you see yourself using this br	reathing exercise?		

	4-7-8 Breathing	
Describe or represent how you exercise.	u felt before, during, and after	doing the 4-7-8 breathing
BEFORE	DURING	AFTER
Describe or represent what yo breathing.	u noticed in your mind and bo	ody while practicing 4-7-8
When in your everyday life car	n you see yourself using this br	reathing exercise?

Progressive Relaxation Breathing				
Describe or represent how yo relaxation breathing exercise	ou felt before, during, and after	doing the progressive		
BEFORE	DURING	AFTER		
		ody while practicing progressive		
When in your everyday life co	an you see yourself using this bi	reathing exercise?		

scribe or represent how yor rcise.	ou felt before, during, and after do	oing the equal breathing
BEFORE	DURING	AFTER
escribe or represent what ye	ou noticed in your mind and body	while practicing equal

	Colour Breathing	
Describe or represent how you exercise.	felt before, during, and after	doing the colour breathing
BEFORE	DURING	AFTER
Describe or represent what you breathing.	u noticed in your mind and boo	dy while practicing colour
When in your everyday life car	you see yourself using this bro	eathing exercise?

Name:

5