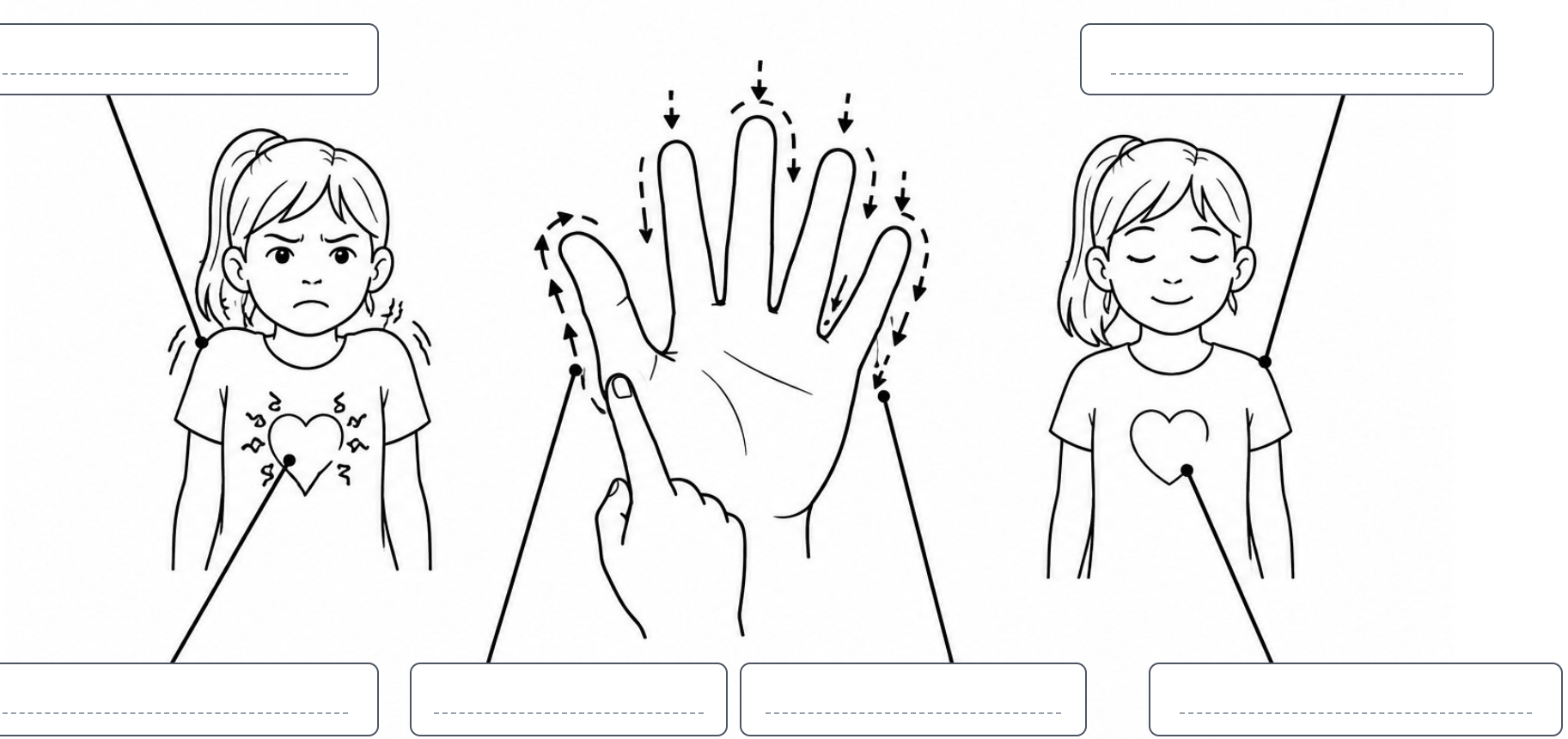
Write the missing words. Use the word bank.

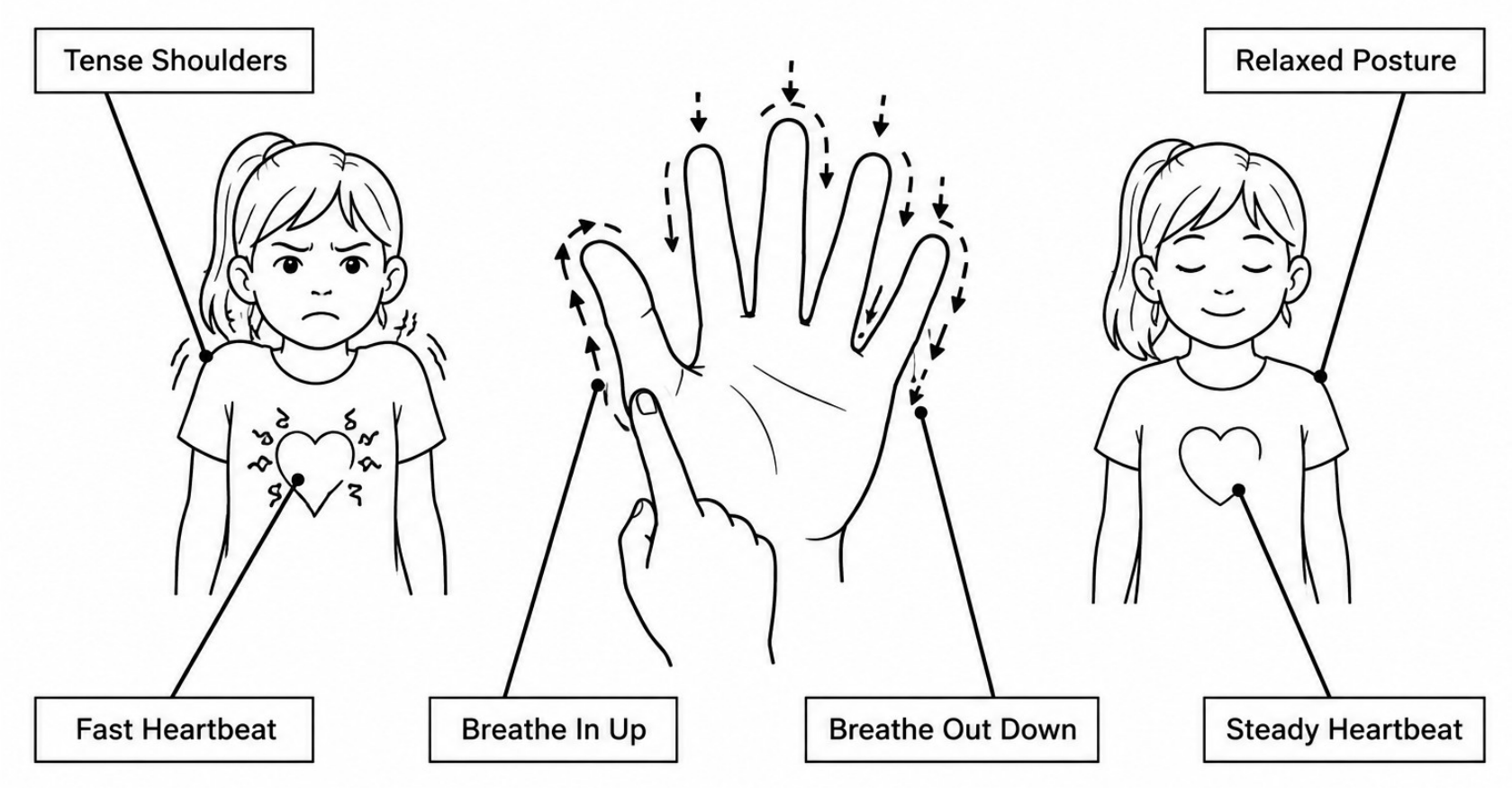
Name _____ Date _____

How Breathing Calms the Body



WORD BANK Relaxed Posture • Tense Shoulders • Breathe Out Down • Fast Heartbeat • Breathe In Up • Steady Heartbeat

How Breathing Calms the Body



How Breathing Calms the Body

