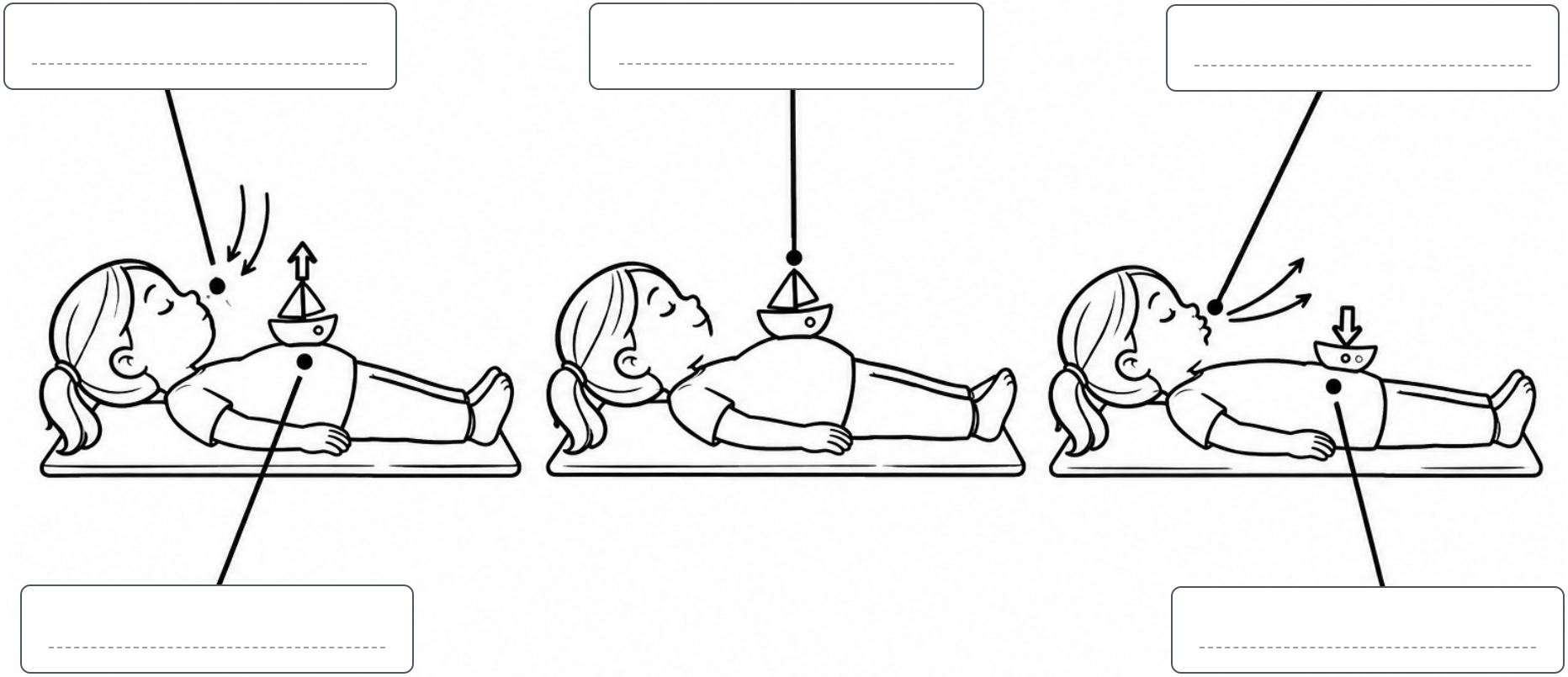
Write the missing words. Use the word bank.

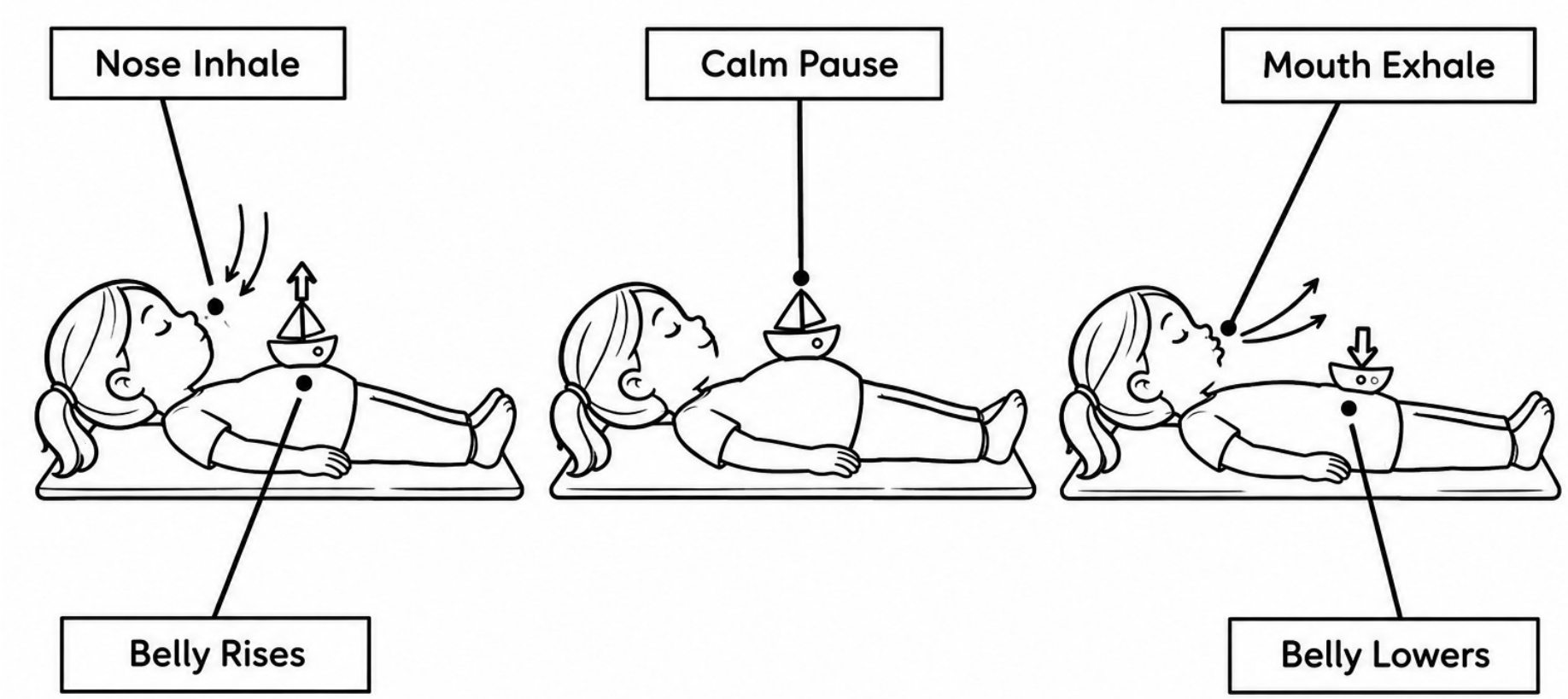
Name _____ Date _____

Three Steps of Belly Breathing



WORD BANK Belly Rises • Nose Inhale • Calm Pause • Mouth Exhale • Belly Lowers

Three Steps of Belly Breathing



Three Steps of Belly Breathing

