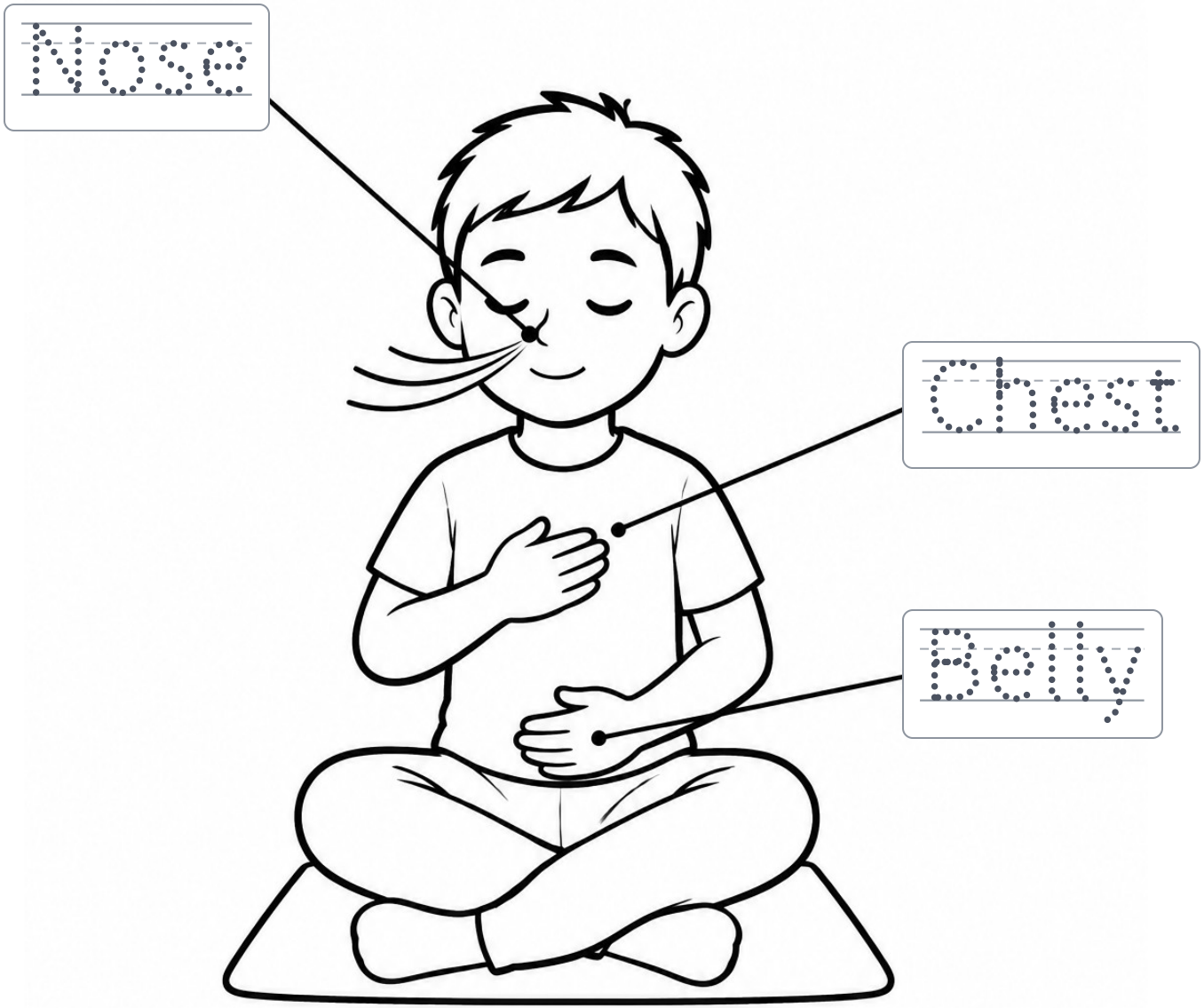
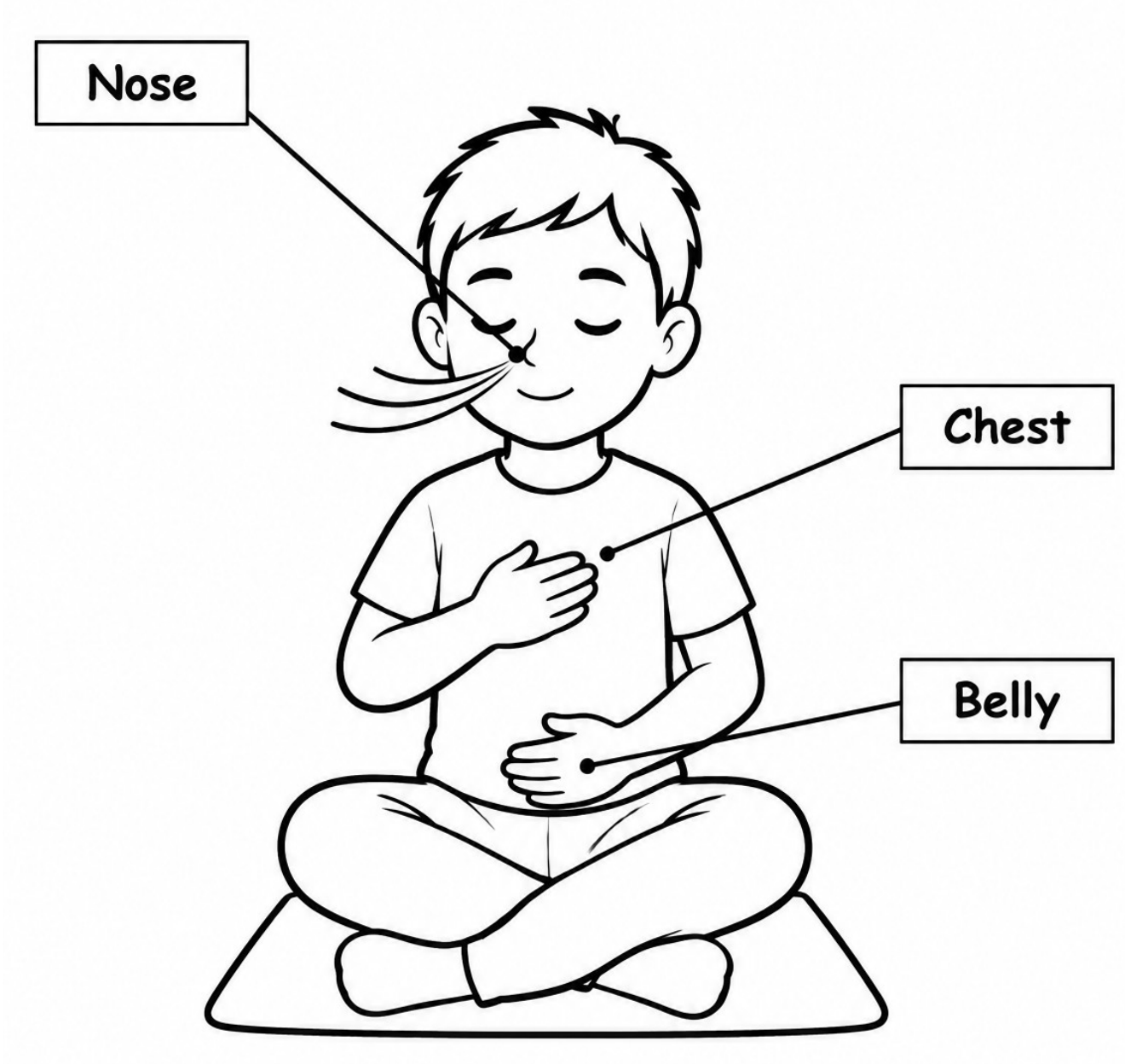
Trace the words. Then color the picture.

Name _____ Date _____

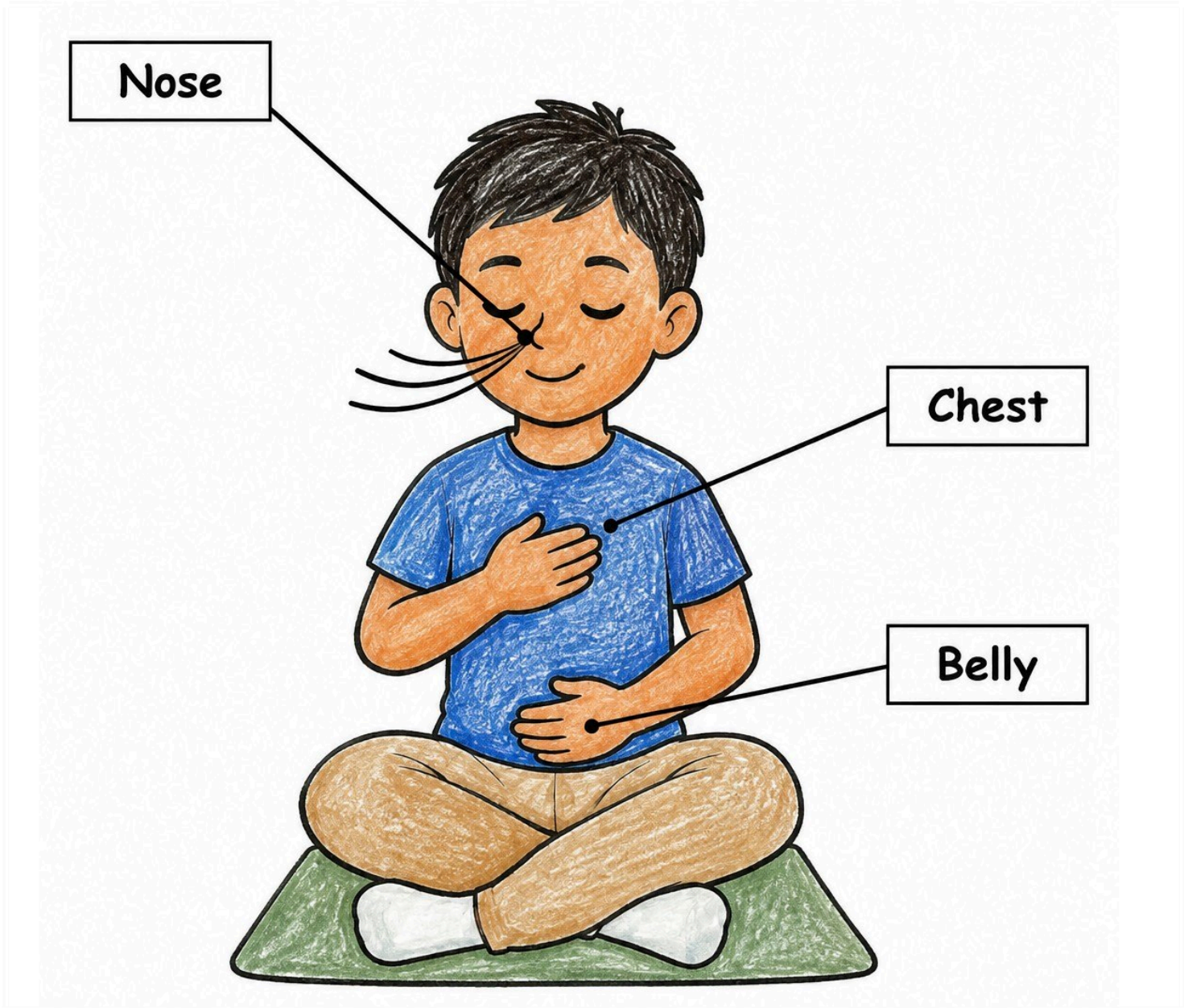
Mindful Belly Breathing



Mindful Belly Breathing



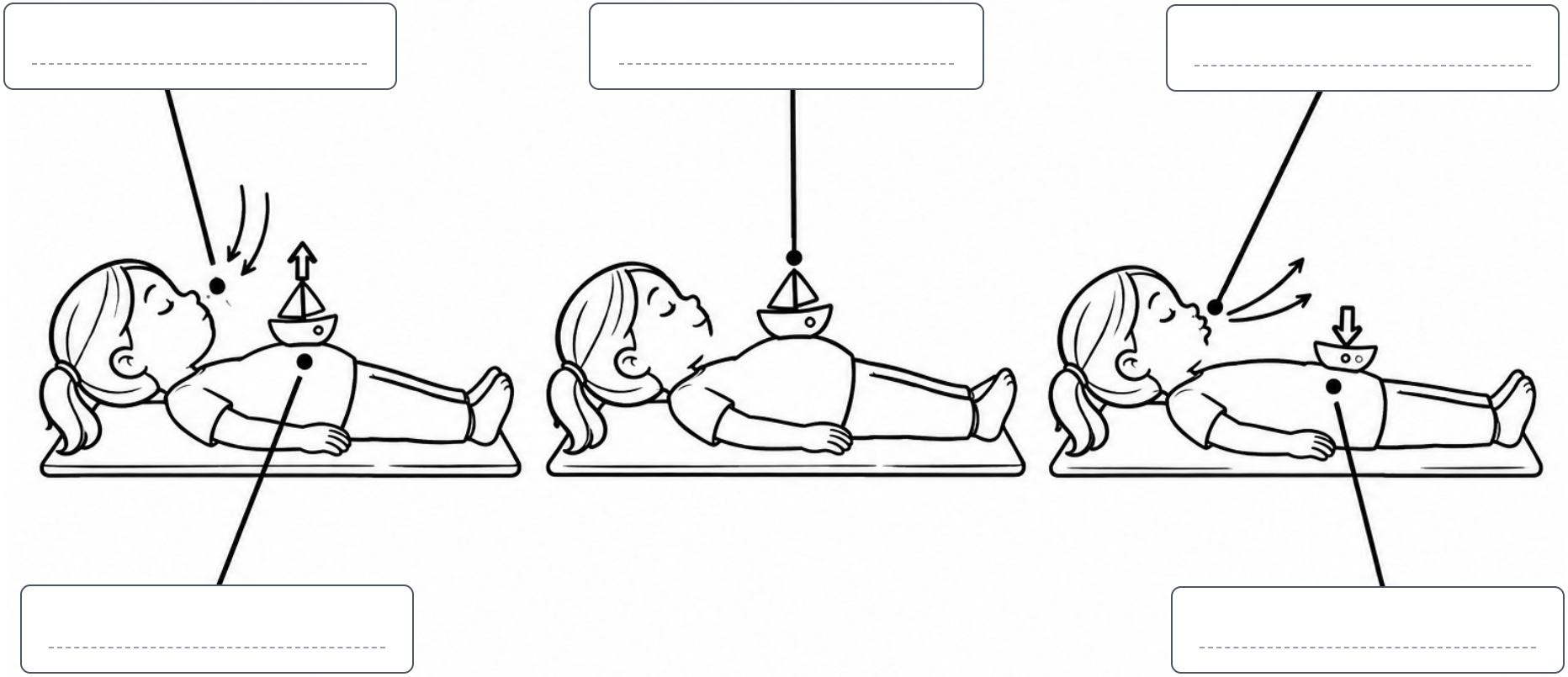
Mindful Belly Breathing



Write the missing words. Use the word bank.

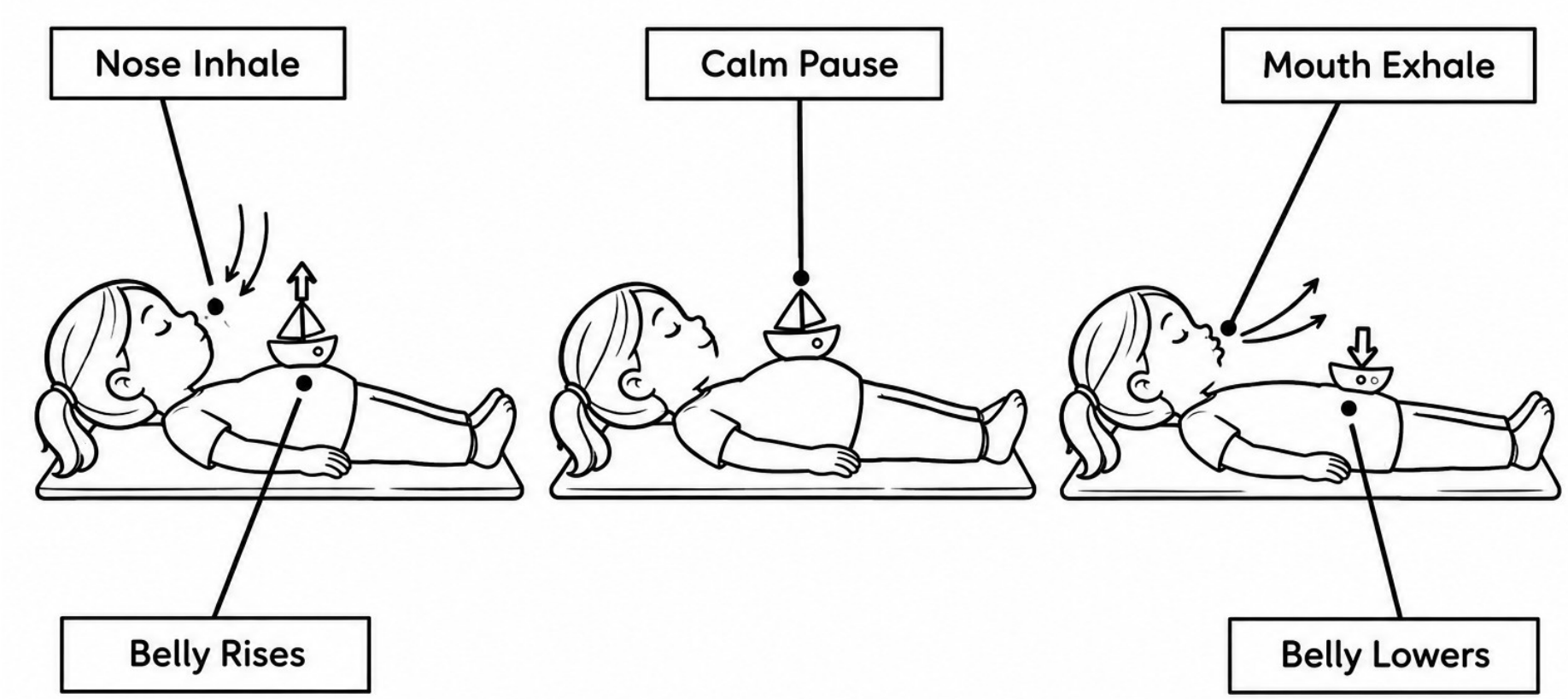
Name _____ Date _____

Three Steps of Belly Breathing

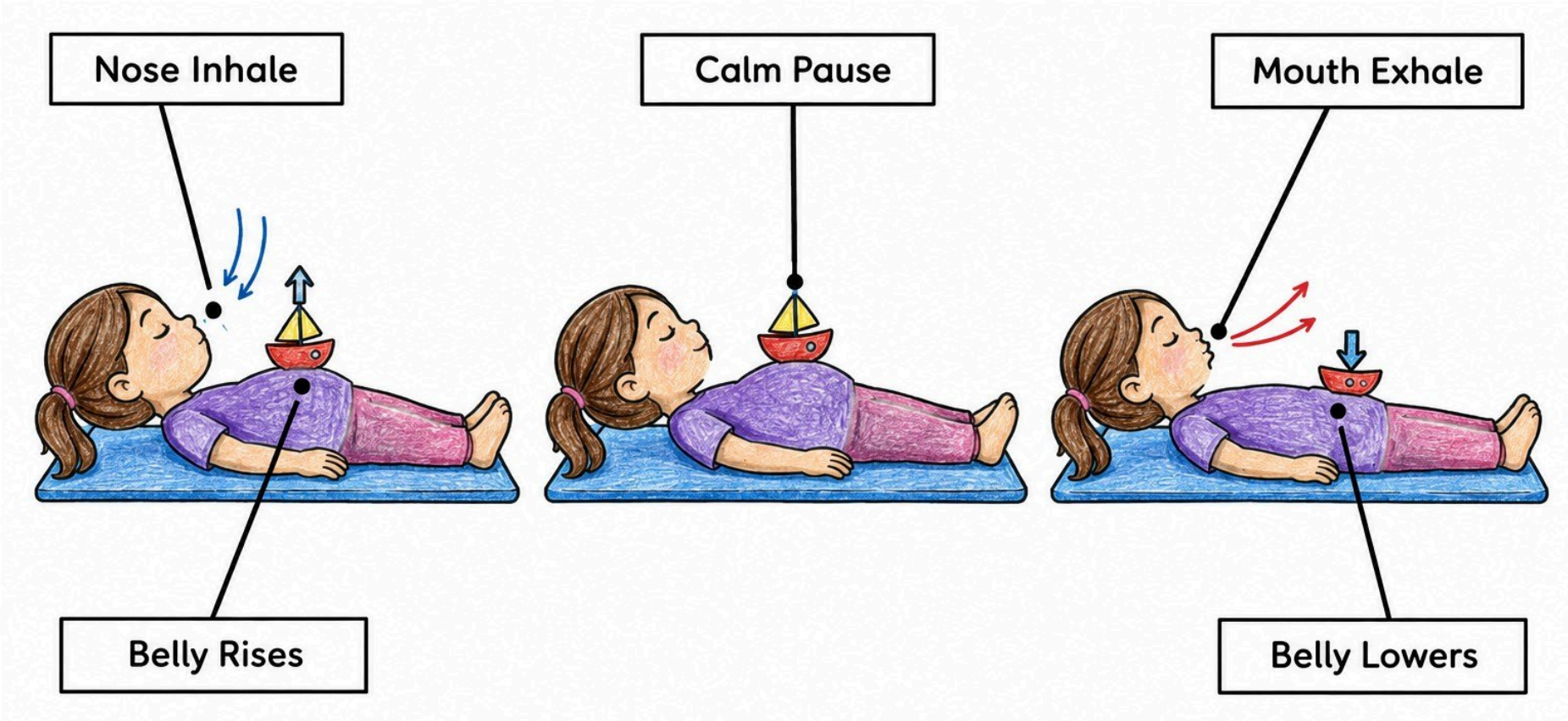


WORD BANK Belly Rises • Nose Inhale • Calm Pause • Mouth Exhale • Belly Lowers

Three Steps of Belly Breathing



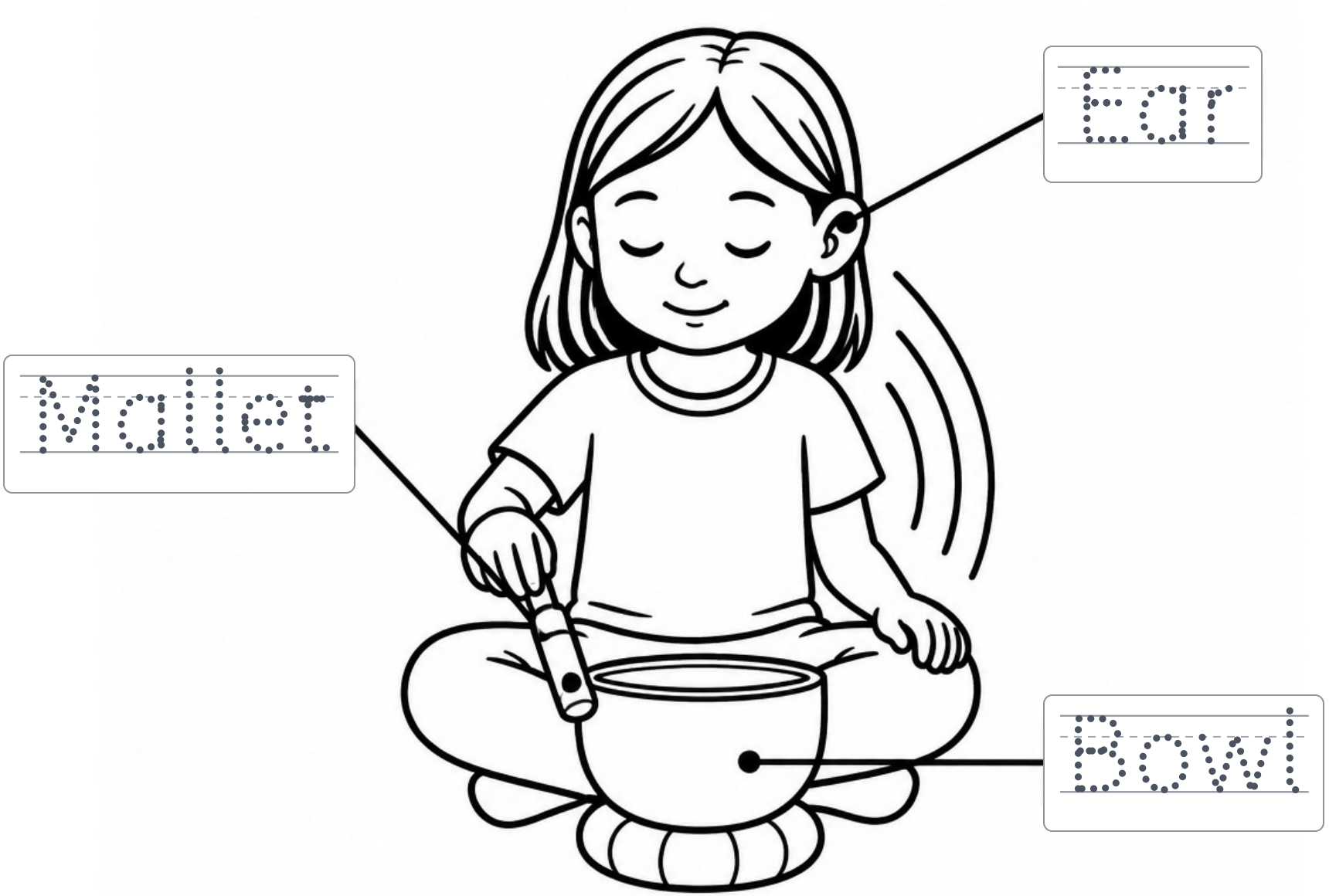
Three Steps of Belly Breathing



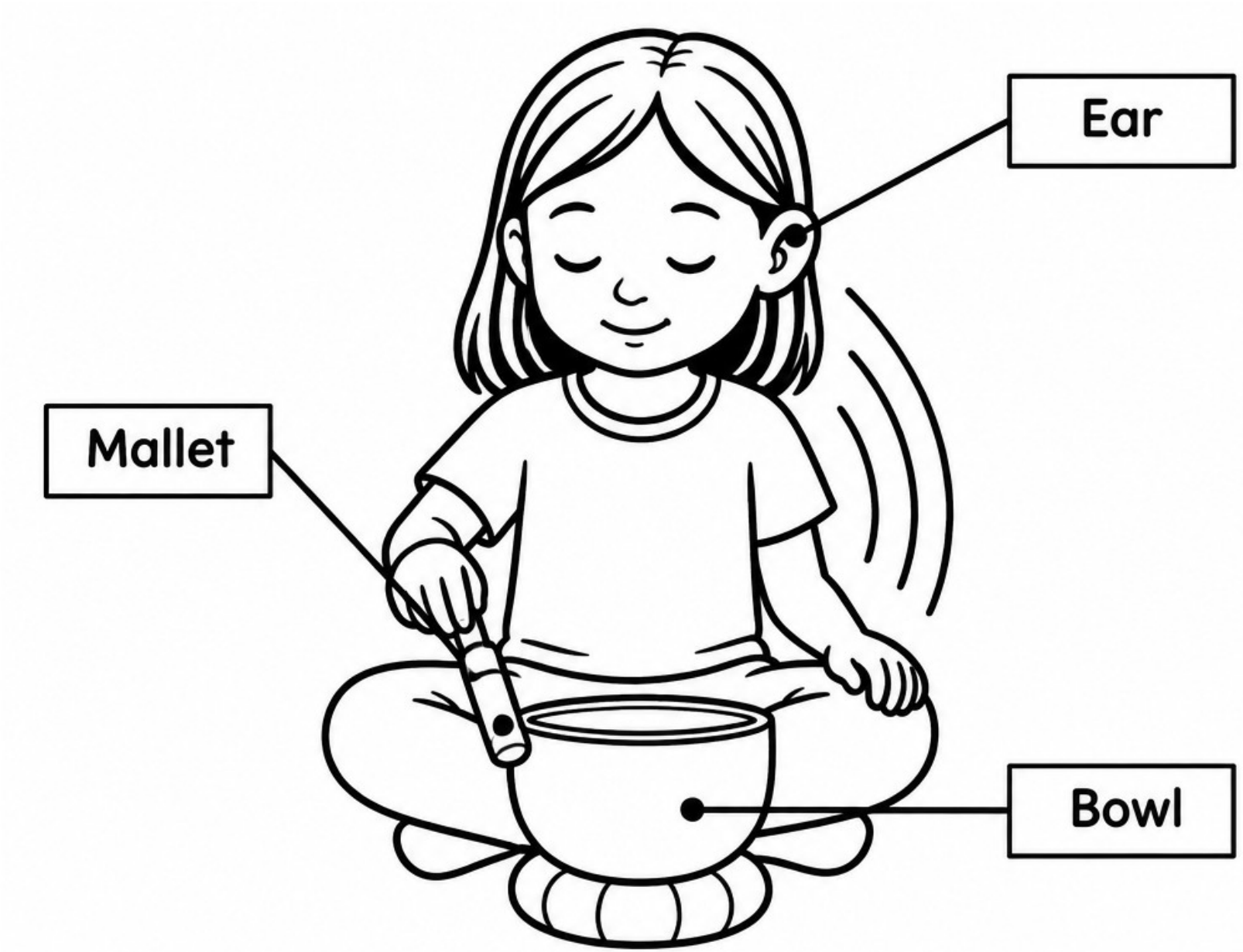
Trace the words. Then color the picture.

Name _____ Date _____

Mindful Listening to a Sound



Mindful Listening to a Sound



Mindful Listening to a Sound

