

Worksheet

BUNDLE

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www.mybrainbooks.com

Name: _____



MY BREATHING TECHNIQUES

Write in some different types of breathing you can do:
Circle your favourite one!

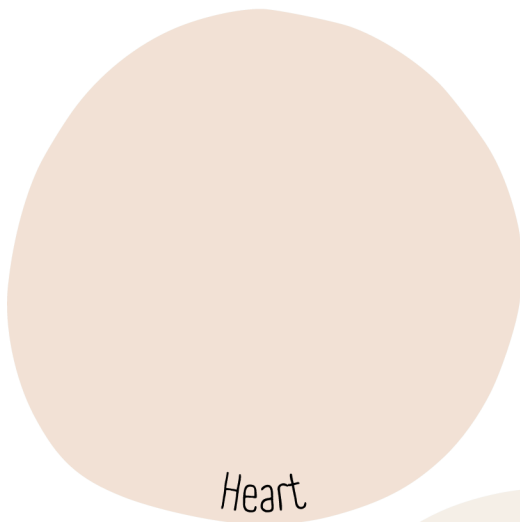


Name: _____

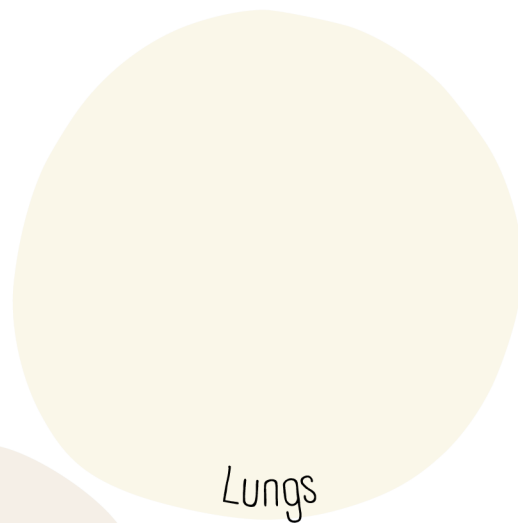


HOW BREATHING HELPS MY BODY

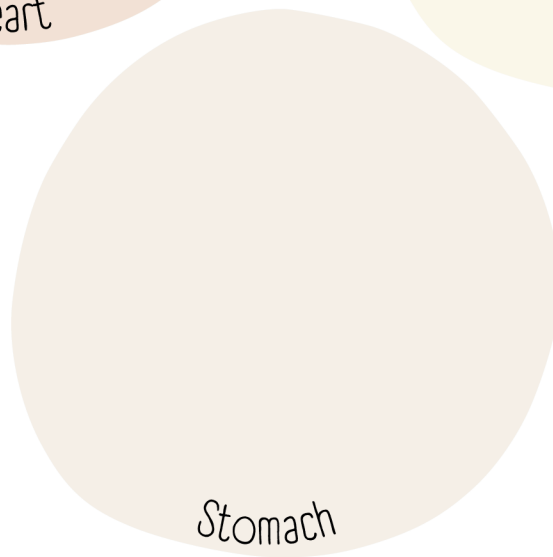
Draw the different parts of your body that breathing relaxes:



Heart



Lungs



Stomach

ANSWER GUIDE

(There are no right or wrong answers. These are a guide.)



ANSWER GUIDE

(Children may have some of their own different exercises. These are a guide)

Write in some different types of breathing you can do:
Circle your favourite one!



4-4-4 breathing



Nose and mouth breathing



Take 5 breathing



Belly breathing



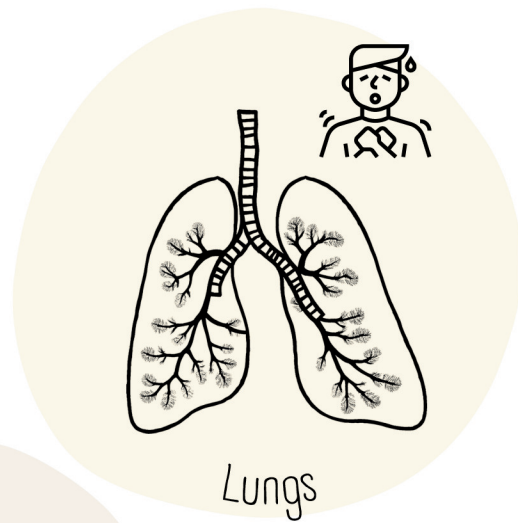
Nostril breathing

ANSWER GUIDE

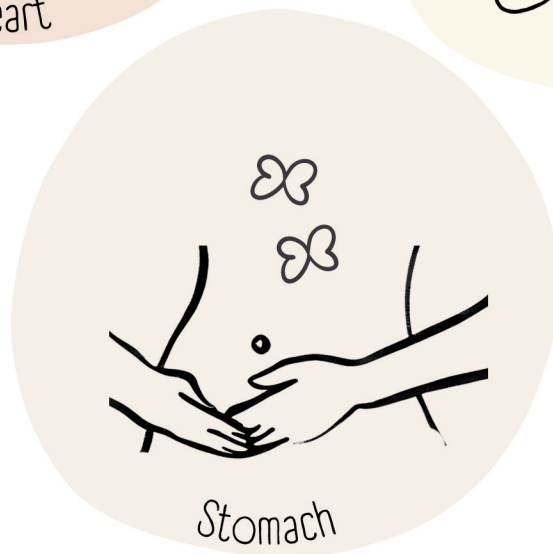
Draw the different parts of your body that breathing relaxes:



Heart



Lungs



Stomach