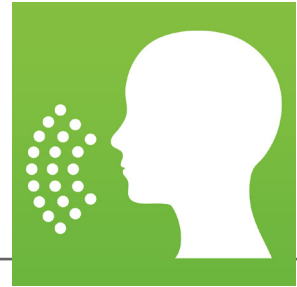


Name: _____

MINDFULNESS PRACTICE



How I feel right now:

How I feel after the breathing activity:

What strengths did you use most to help you stay calm and focused while doing the mindful breathing?

When could you use mindful breathing at school? At home? While playing?
