



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a **BLUE** star!

Level  
#1

Name: \_\_\_\_\_

## Mindful Breathing

Healthy Habit of the Week:

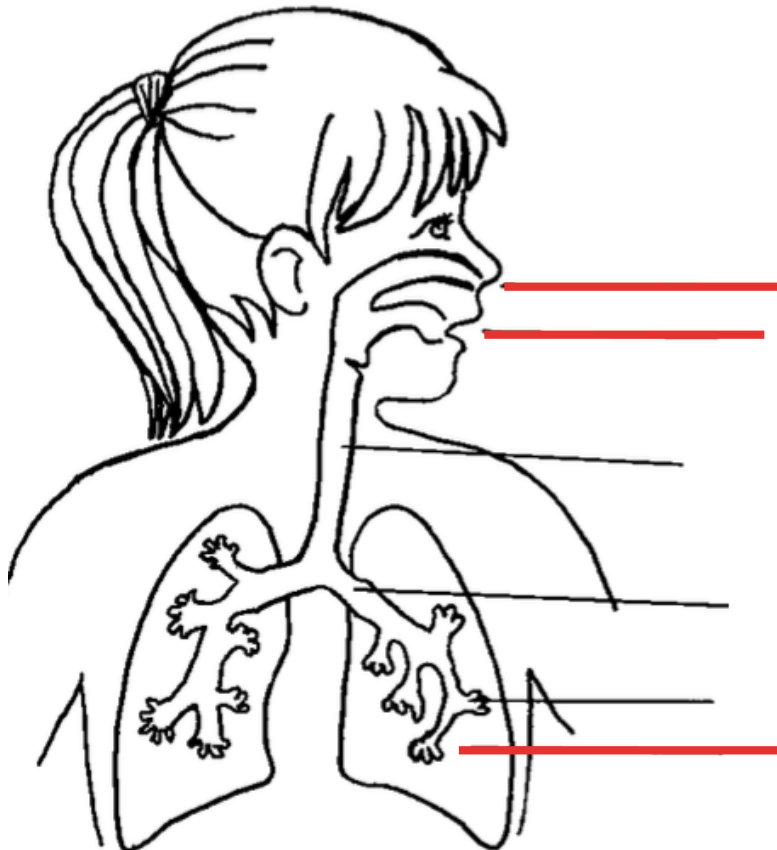
Practice mindful breathing with my family

Key Points:

- Breathe out of your mouth, making a loud whoosh sound.
- Close your mouth and breathe in quietly through your nose and count to 4.
- Hold your breath to a count of 4.
- Then completely breathe out through your mouth making a loud whoosh sound.
- Repeat this 3 more times.
- Breathing exercise will help you be better prepared when something is challenging.

## The Respiratory System

Identify the parts of the respiratory system by drawing a  
line to the part of the body with the red lines.



Lung

Nose

Mouth