



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

Level #2

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

# Mindful Breathing

Healthy Habit of the Week:

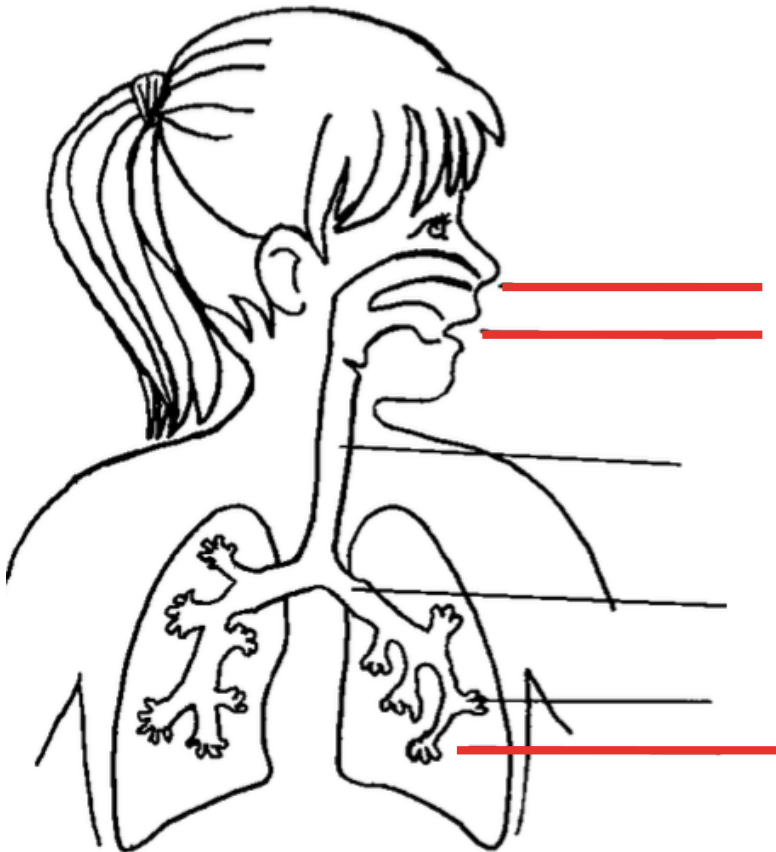
Practice mindful breathing with my family

## Key Points:

- Breathe out your mouth, loudly making a 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.
- Repeat this 3 more times.
- Breathing exercise will help you be better prepared when something is challenging.

## The Respiratory System

Name the body part that the red line is pointing to. Write the body part on the black dotted line.



N

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M

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L

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