

Word Breathing



PURPOSE ////////////////////////////////////

- Breathing exercises increase our oxygen intake and calm our mind
- Breathing exercises can impact our cognitive functions by improving our concentration, memory and focus
- Practicing word breathing can clear our minds

OBJECTIVE ////////////////////////////////////

- Relax the body
- Reduce stress and anxiety
- Promote positive thinking

INSTRUCTIONS ////////////////////////////////////

Materials

- Word Breathing poster

Application

- Breathe in words of affirmation or something you need and breathe out words you need some space from.

Assembly

1. Find a quiet and comfortable space in your home where you can practice this exercise
2. Set a timer for yourself (Choose how long you want to practice this exercise).

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:



Think about these words as you are inhaling and exhaling

Inhale *Exhale*

LET

GO

CALM

FEAR

TRUST

DOUBT

PEACE

STRESS

PATIENCE

WORRY

HAPPINESS

ANGER

STILLNESS

TURBULENCE

