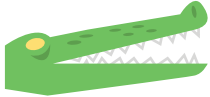


ANIMAL BREATHS

Try the animal breaths below by following the instructions and the pictures. Then, draw or write your answer to the reflection questions:



Spider breath: Breathe in with your hands close to your body; then, while breathing out, let your arms shoot out like a spider spinning a web.



Crocodile breath: Breathe in while opening your arms like the jaws of a crocodile; then breathe out while clapping your arms together.



Bird breath: Inhale while spreading your arms out to the side like wings, then exhale by bringing your hands together in front.

Create your own animal breath!

Draw and describe the animal breath you and your partner created.

Draw a picture OR write your answer. You can also draw AND write.

How do animal breaths help me stay calm?

When will I practice animal breaths?