

Name _____

Date _____

I GOT YOUR BACK



Sit back-to-back with a partner. Take deep breaths as you tune into both your body and your partner's body. Write down your reflections by answering the questions below.

Describe your back-to-back breathing experience:

What does it mean when someone says, "I have your back"?

Why is it important that we have people in our lives that have our back?

Who are those people for you?

What would it look like to have each other's back in our class?