

# 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

