

Name _____

Date _____



Take a Breath!

Check out the **Take a Breath** video on the **Awesome Sauce** channel.

Deep breathing can help you stay calm and focused. Practice the steps for deep breathing with a partner. After you practice breathing, talk with your partner about times you might want to take deep breaths to feel calm and focused, and answer the question below.



- Sit up straight in a chair, keeping your feet on the floor, and relax your shoulders.
- Place your hands in your lap with your right hand on top of your left and your thumbs touching.
- Inhale through your nose for 2 counts, filling your stomach with air.
- Exhale through your nose for 4 counts, emptying out the air from your stomach.

One time I can use deep breathing to stay calm and relaxed is when _____

_____.