

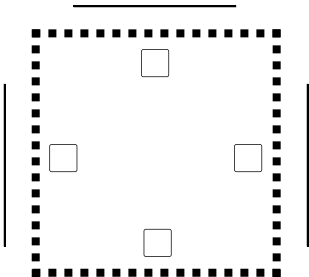
Name: _____

Bobbie's Box Breathing Practice

ACTIVITY 1: Trace Bobbie's Box

Let's build your box breathing square by following each step.

1. Draw these arrows inside the little boxes inside your square:



Start _____

Name: _____

Bobbie's Box Breathing Practice

part 2

2. Fill in the words on the lines outside the square

Breathe In	Hold
Breathe Out	Pause

3. Add the numbers. Write 1...2...3...4 next to each word.

Example: BREATHE IN 1...2...3...4 ✓

4. Try box breathing!

Do box breathing like Bobbie and Karyn! Use your square to help you.

Point to each side and count 1...2...3...4 with a grown-up.

Try it 3 times. Colour a star after each time:

