

Winnie's Wise Path: Lesson 4 The Wise Breath



Directions: Circle your favorite breath.



Belly Breath

Breathe in through your nose and let your belly fill like a balloon.



Lion's Breath

Take a big breath in, then roar it out with your tongue out like a lion.



Bumblebee Breath

Breathe in, then hum "bzzz" as you breathe out with your mouth closed.



My breath can help my body feel calm and safe.

