BREATHING BREAK
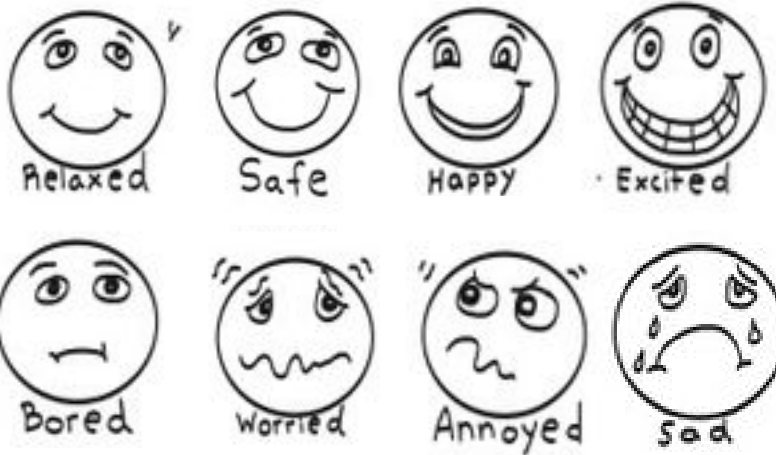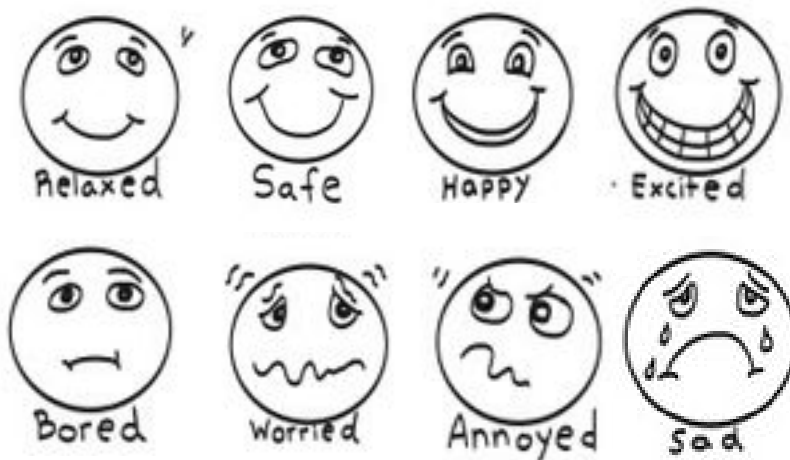
Does a breathing break help me feel better?
Color the face(s) that describe your emotions
before taking a break:

Relaxed Safe Happy Excited

Bored Worried Annoyed Sad

Color the face(s) that describe your emotions
after taking a break:

Relaxed Safe Happy Excited

Bored Worried Annoyed Sad

When is a good time to take a break during the day?
Write or draw your answers below: