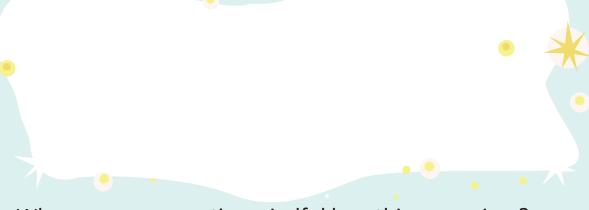
Reflection - Journaling Activity

After you've completed the breathing activity, complete the following activity (write or draw)

Where did you feel your breath? What parts of your body? Did your breath move around? Where did it move to? What did it feel like?



How did you feel when you were doing the mindful breathing activity?



Where can you practise mindful breathing exercises? When will you practise next?

