



Mindful Breathing

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Practicing
mindful
breathing
helps us
train our
spotlight of
attention.

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If you can control
your attention
through mindfulness,
you can manage your
emotions.

**IF YOU REMEMBER NOTHING ELSE,
A MINDFUL BREATH IS 1,2,3.**

1. Feel your breath pass through your nostrils for a count of three.
2. Fill your tummy with your breath.
3. Breathe out through your mouth for a count of three. Repeat!

