

Chapter 5

Scavenger Hunt: Breathing

Throughout the year you have learned many different breathing practices. Go back to the Student Site and try each one again, then fill in the chart below:

1) Identify whether each breath practice listed is calming (enter a C), energizing (enter an E), or both (enter a B).

2) List a time when you could use it.

3) Put an asterisk (*) in the 'Favorite' column if it is a practice that feels really comfortable and nourishing to you, that you want to remember.

Favorite	Breath Name	Calming or Energizing or Both	When can you use it?
	Just 1 Breath	C or E or B	
	Space Between the Breath		
	Diaphragm Breath		
	Breath Counting		
	Calming Breath Technique		
	5-Count Breath		
	Draw the Breath		
	Breathing Words		
	10-Breath Challenge		
	3-Part Breath		