



Your Breathwork

We appreciate your thoughts and feelings!

Reflection

1. Rate your state

Circle a number for each:

BODY	
	12345
BREATH	
	12345
MIND	
	12345

(1 = low/tired/flat, 5 = high/energised/calm)

3. Expression *(optional)*

Write one word, a colour, or a short note that describes how you feel.

2. Pick an emotion

Tick one that fits you

best:	Happy / Calm	Frustrated / Angry
	Neutral	
	Worried / Low	Tired / Flat

4. Support

☐	I'd like to have a private chat with my teacher.
☐	I am happy, and do not need any further support today.



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2

3

4

5

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Neutral

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