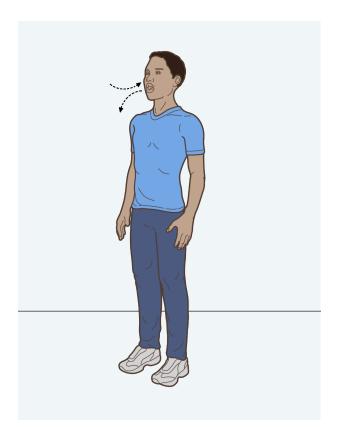
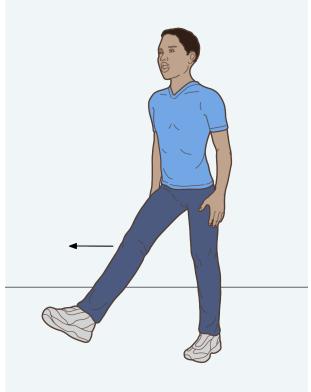
Activity 34: 10 steps breathing



1. Find a space in the room and stand tall.



- 2. Take a deep breath in through your nose and out through your mouth. Once you have done this, take one big step forward.
- 3. Repeat 9 more times.

Was it comfortable to breathe like this while taking the steps?

4. Now repeat the activity, focusing on your breathing, in through your nose and out through your mouth.

What change did you notice in your body after focusing on your breathing?