Name _____

What is Mindful Breathing, and How Can I Do It?

Short Answer

1. How did Alex use mindful breathing to improve his art?

2. Describe the steps to practice mindful breathing.

3. Explain what you should do if your mind starts to wander during mindful breathing.

4. Name two benefits of mindful breathing.

5. What is the purpose of setting a timer during mindful breathing practice?

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