

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary, but students can describe situations where they felt stressed or anxious, such as before a test or during a conflict with a friend. They can explain how practicing mindful breathing might have helped them calm their nerves and bring more clarity to the situation.
2. Students can outline a scenario where they need to make a big decision, like choosing a school activity or a summer camp. They can describe how practicing mindful breathing could help them achieve mental clarity, weigh the pros and cons, and make a thoughtful decision.
3. Students can discuss the importance of non-judgment in mindful breathing, emphasizing that it allows individuals to approach their practice with self-compassion and acceptance. They can explain how practicing non-judgment can lead to reduced self-criticism and improved well-being.
4. Students can create a daily schedule that includes a mindful breathing practice, such as starting the day with mindful breathing, taking a mindful breathing break before homework, or practicing mindful breathing before bedtime. They can explain how these practices could reduce stress, enhance focus, and bring more mindfulness into their daily lives.

