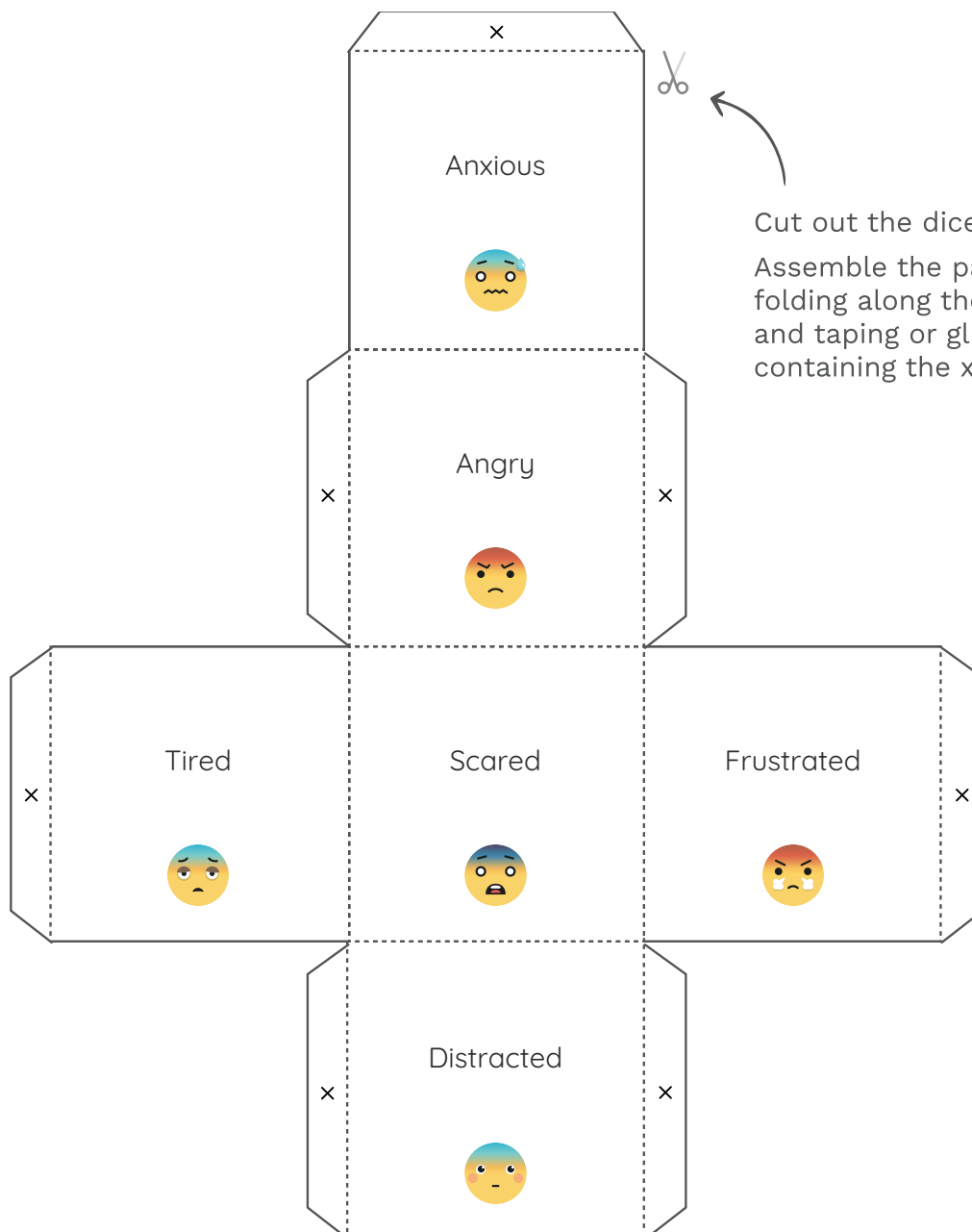


# The Power of Breath

## INSTRUCTIONS:



- 1) Roll the dice to reveal an emotion.
- 2) Describe how this feeling presents itself physically, including your breathing.
- 3) Then, provide or model a breathing exercise you could use to return to a state of calm.



Cut out the dice.

Assemble the paper dice by folding along the dotted lines and taping or gluing the sides containing the x icon