

Mindful Emotions Breathing Exercise



Breath:

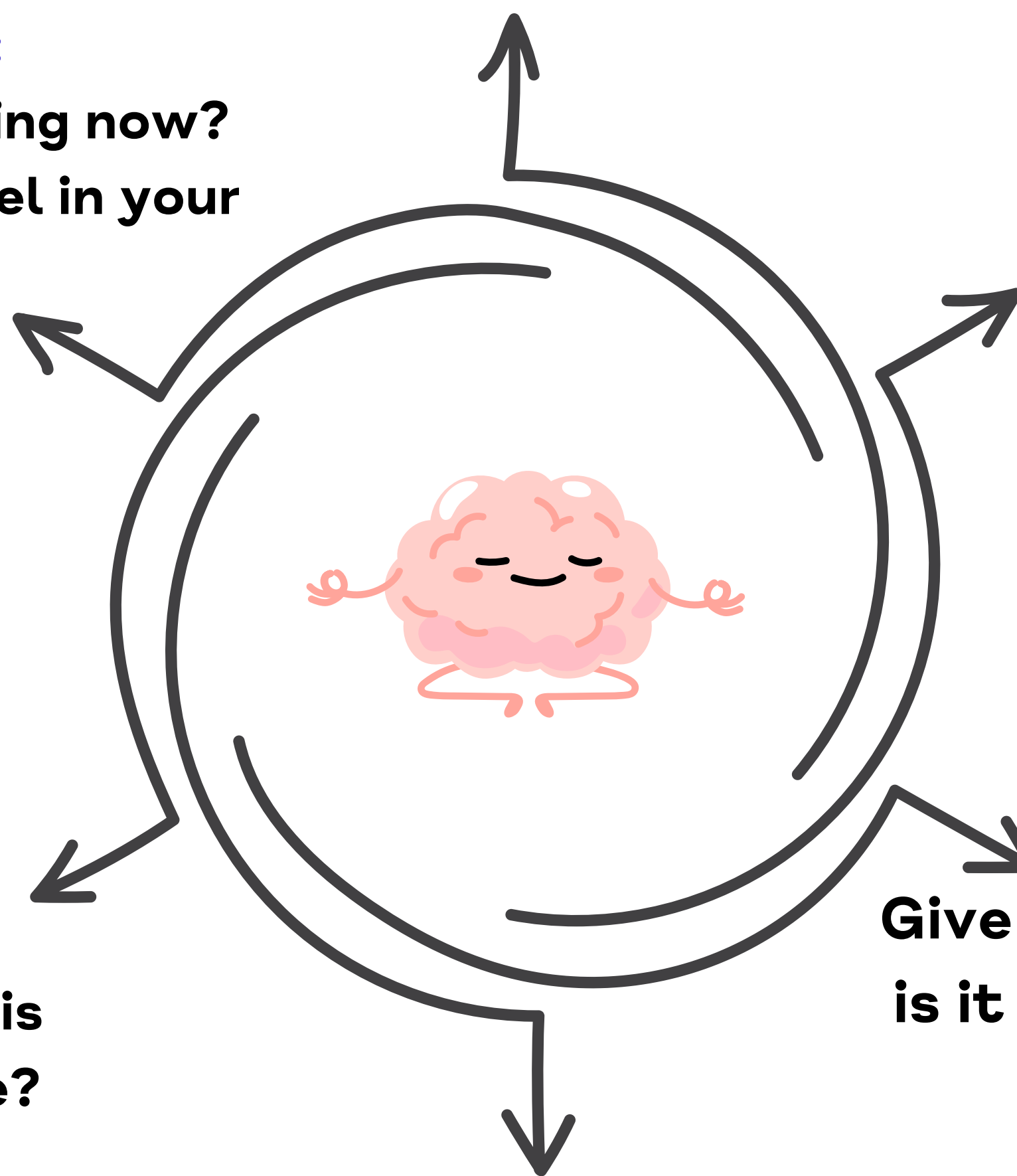
Take a deep breath and
picture the emotion
you are feeling

Check in:

How are you feeling now?
Where can you feel in your
body?

Shape:

What shape is the
emotion?
Does it have smooth
edges?



Size:

Give the emotion a size
is it maybe small? Big?

Movement:

How would this
emotion move?

Colour:

What colour is the emotion.
Is it maybe dark or light?



Reflection:

Repeat 3 times

What has changed?

Why do we think this change has happened?

Let's Reflect and Take Note:

If we complete this 3 times, like a traffic light
we hope we can see our emotions turning
from red to green!

1.

2.

3.