

Breathing Exercises

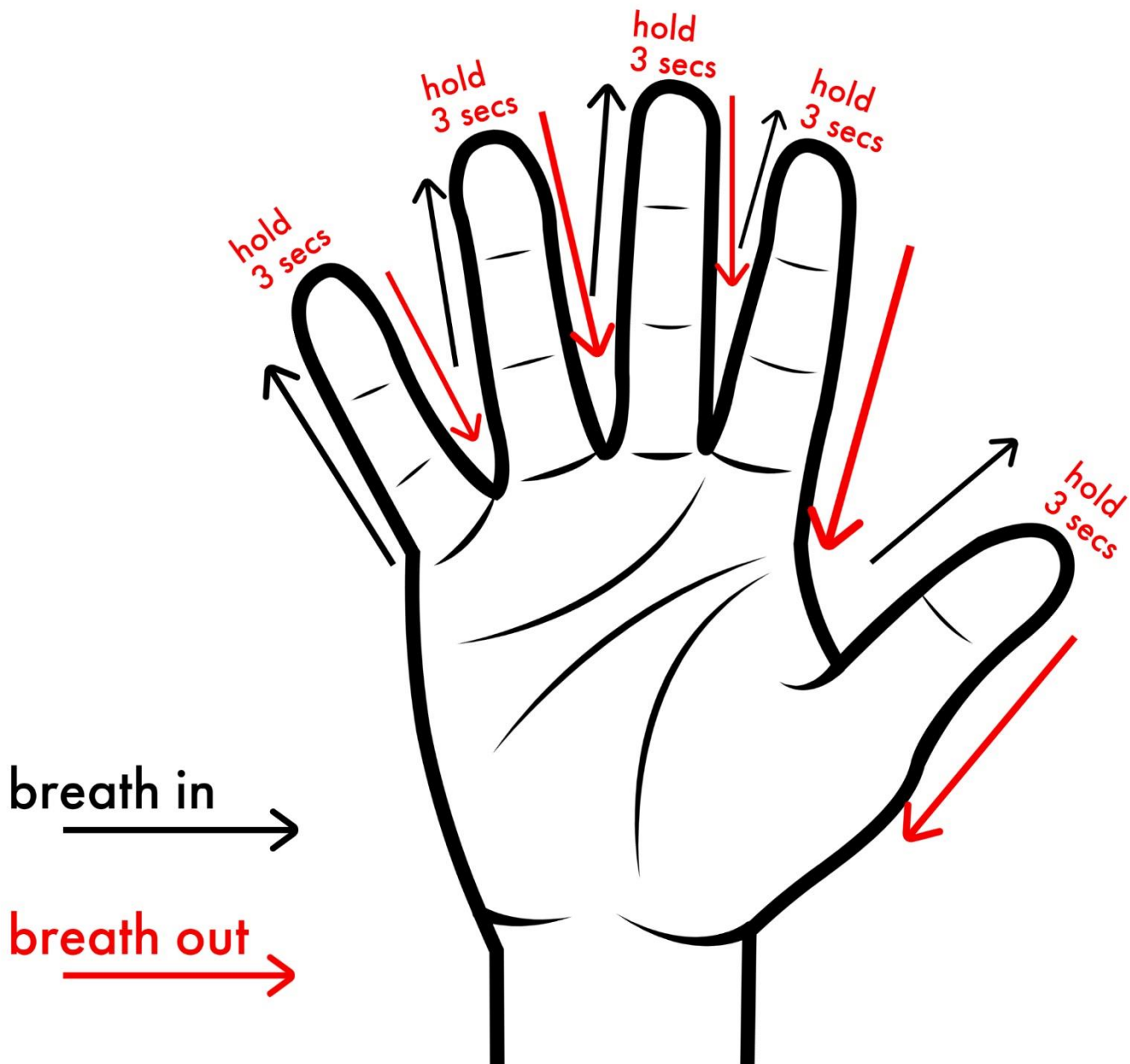
Throughout the story, Amy uses numerous strategies to help her to control and regulate her emotions.

Going a walk, listening to music, talking to a friend or striking a power pose; Amy tries them all. And for her, some are more successful than others.

But you will notice that more than any other strategy she uses breathing exercises. As should be the case for yourself. Use and repeat a strategy that works best for controlling your own emotions.

Amy uses breathing exercises in chapters 1, 2, 6, 11, and 14.

In chapter 11 she uses the finger breathing technique shown below.



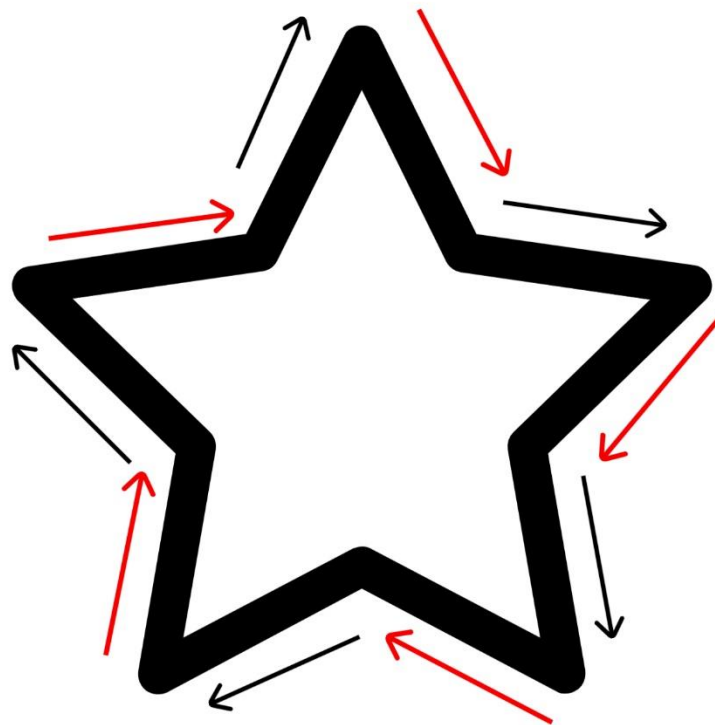
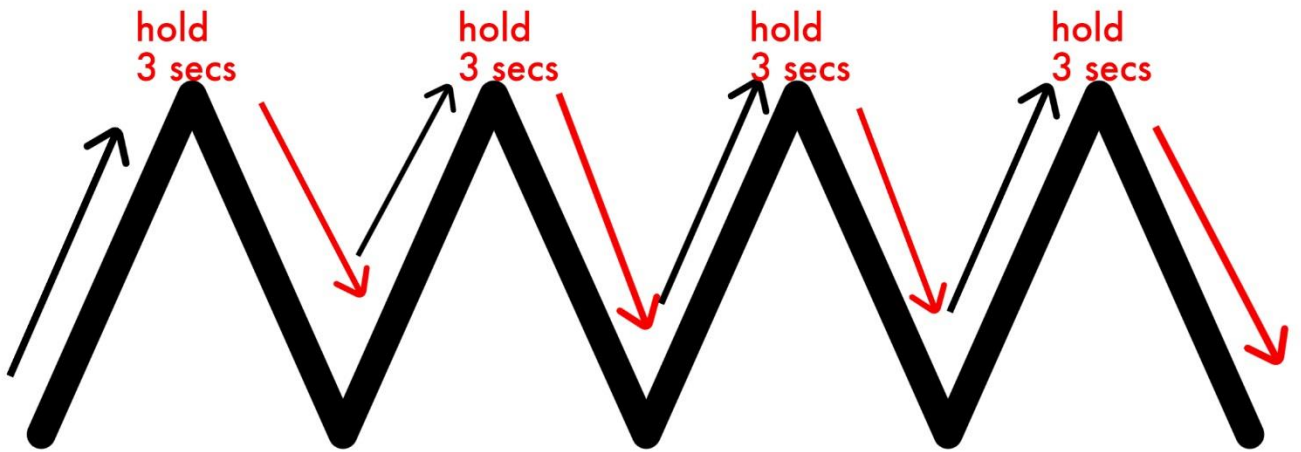
Finger Breathing Exercise

Amy's finger breathing exercise is sometimes known as Rollercoaster Breathing because it goes up and down so much.

In the space below draw around your own hand, add arrows and create a breathing exercise.

Breathing Boards

Here are some examples of breathing boards.



breath in
→

breath out
→

Breathing Boards

Design two of your own breathing boards.

A large, empty rounded rectangular box with a thick black border, intended for designing a breathing board.A second large, empty rounded rectangular box with a thick black border, identical to the first one, intended for designing another breathing board.