



Live Your Why – Afterschool Edition

There are many breathing exercises you can do to help calm your mind and body.

Try the snake breath: *Pretend you are a snake and hiss, inhaling deeply through the nose and blowing out through the mouth with a soft and low hissing sound.*



When are the best times for you to do this exercise?

What other breathing exercises help calm you?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy