



# NOVEMBER

Your Super Power Breath

1st Grade

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** Pause for a moment and do a Hot Chocolate Breath. Do this again a couple more times.

In the spaces below, illustrate yourself before and after taking these breaths.

Before

After

Circle the face that best shows how you feel when you take this breath.  
You can also create your own face.

