

HEART-FOCUSED BREATHING: CARTOON



Name: _____

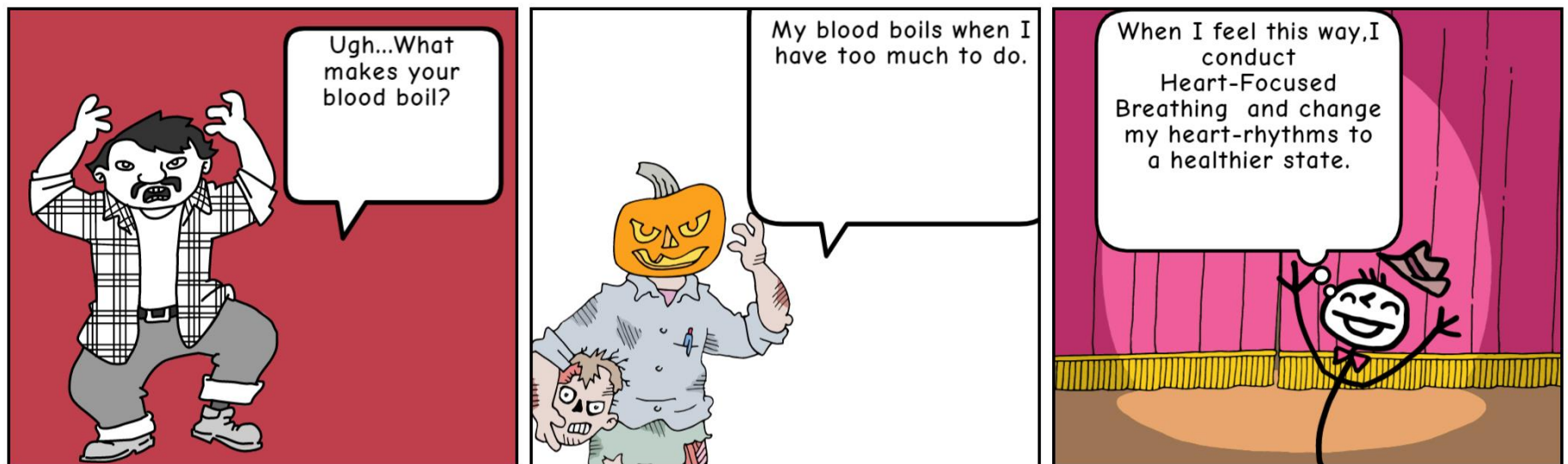
Date: _____

Heart-Focused Breathing

Directions: Create a cartoon of someone getting upset (it can be you) and then conducting Heart-focused breathing and positively changing their heart-rhythm.

Requirements: Create at least 3 cartoon frames, including at least 1 character using text bubbles in each frame. See the example cartoon below if you need inspiration. Save your work as an image and insert it on to a Google Doc to share in your Google Classroom.

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