

HEART-FOCUSED BREATHING: WORD CLOUD



Name: _____

Date: _____

Heart-Focused Breathing

Directions: Create a word cloud. Be creative. You can use the word bank to help create your word cloud. Save your work as an image and insert the image on to a Google Doc to share in your Google Classroom.

<http://www.edwordle.net/>

<https://wordart.com/create>

Word Bank:

Coherence

Stress

Anxiety

Self-regulation

Heart-Focused

Breathing

Shift Heart-rhythm

Joy

Love

Wellbeing

Sad

Frustration

Anger

Happy

Incoherent

