

# Home Activity A:

## Power Breathing Practice

Just like athletes or musicians can't perform in high pressure situations without first practicing alone, we can't be successful in reducing our stress without practicing these skills when we are calm. This week, practice Power Breathing at least once per day for 30 seconds to a minute *when you are calm*. Try them if you get upset, too!

**Where will you practice? (pick a time of day or during a certain activity like before bed, during dinner, first thing in the morning):**

**Who will you practice with? (pick at least one caregiver and include anyone else in your family who could practice with you, too!):**

Day	How did your body feel after practicing? Circle one			
Friday	Much Better	Better	The Same	Worse
Saturday	Much Better	Better	The Same	Worse
Sunday	Much Better	Better	The Same	Worse
Monday	Much Better	Better	The Same	Worse
Tuesday	Much Better	Better	The Same	Worse
Wednesday	Much Better	Better	The Same	Worse
Thursday	Bring this page back to group!			

**Caregiver Signature:** \_\_\_\_\_