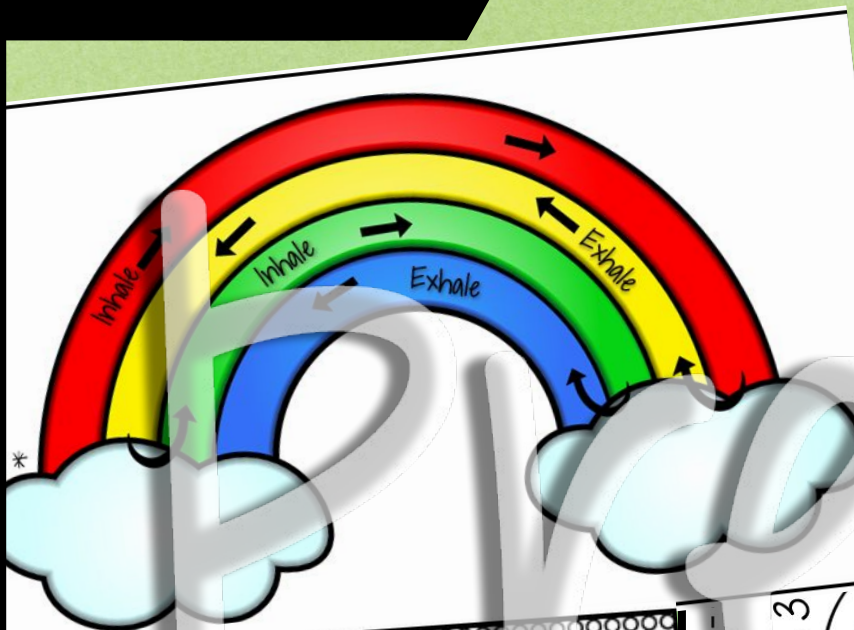


# ST. PATRICK'S DAY

## Mindful Breathing

1st-5th



### 3-Leaf Clover Breathing

Instructions: Color the clover. Then practice mindful breathing by tracing while taking deep breaths.

Hold 1, 2, 3

Breathe In 1, 2, 3

Start Here

Breathe Out 1, 2, 3

### Leprechaun Breaths

Pretend you are a leprechaun sitting in a field of clovers. Breathe in, smelling the fresh air, then slowly breathe out.

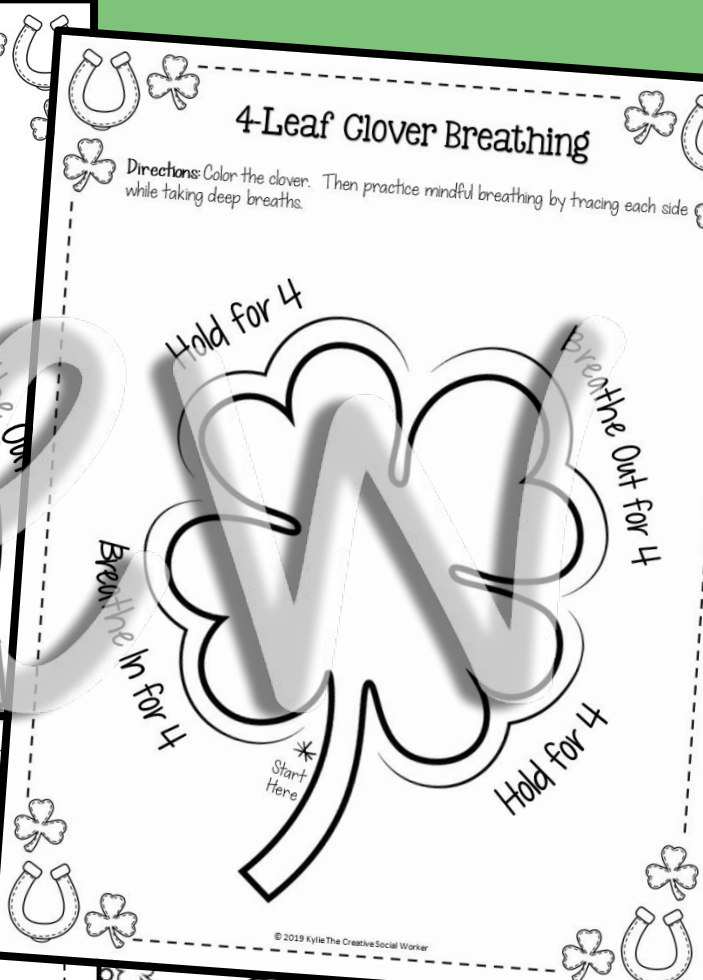
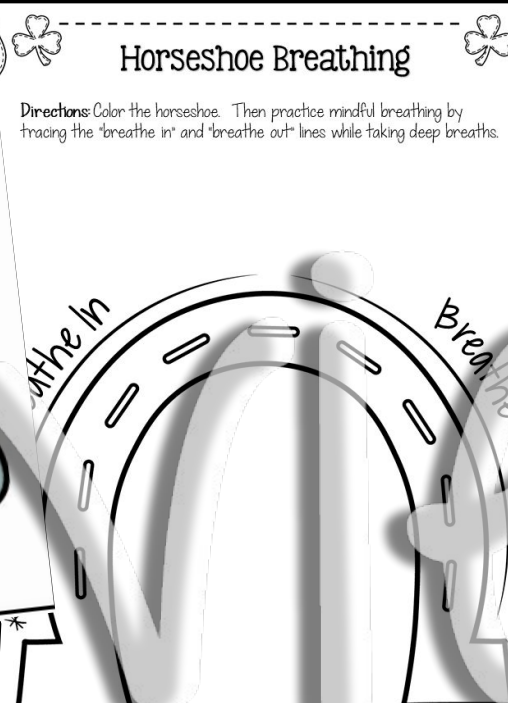
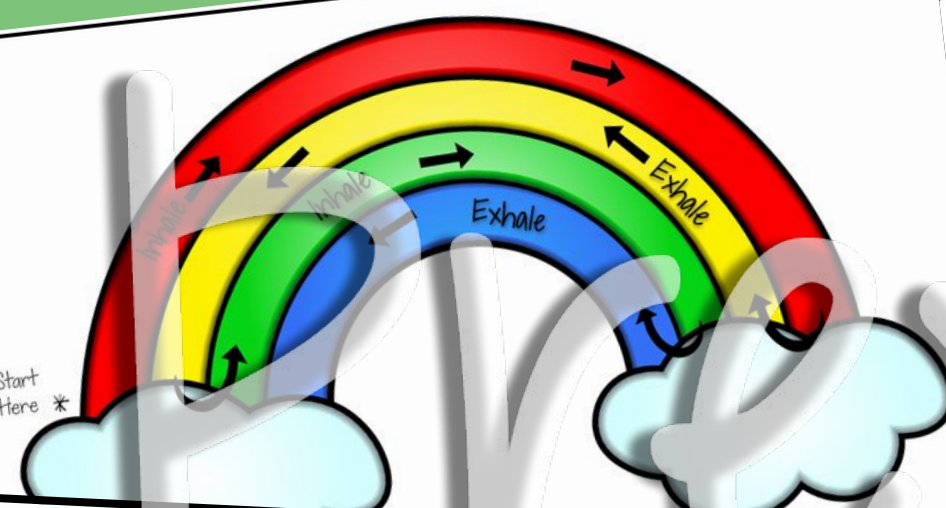


Students practice mindfulness with a St. Patrick's Day theme!



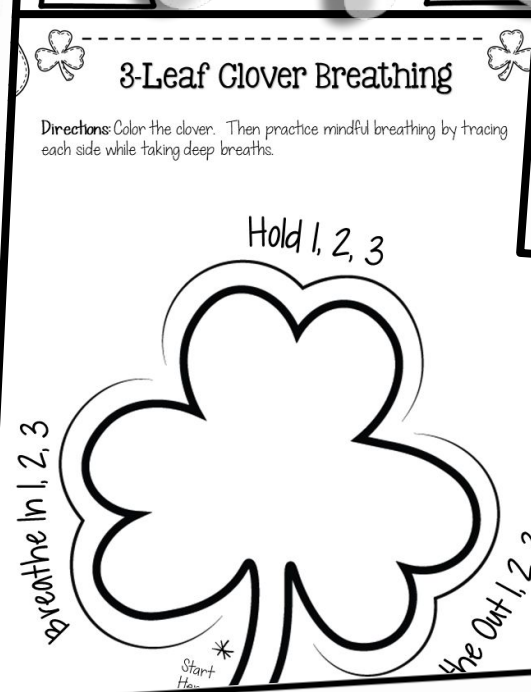
The Creative  
Social Worker





# Leprechaun Breaths

Pretend you are a leprechaun sitting in a field of clovers. Breathe in, smelling the fresh air, then slowly breathe out.



## Exit Ticket

When can you use deep breathing?

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## Exit Ticket

Circle the picture that shows someone making a good choice when they are upset.

