

My Name: ANGEERAS

Age: 9

Date: 1/18/09

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when

I am in shower to sleep to wake up when bored long trips when I was about to through up.

It helps me in

doing something so I don't fall asleep

My Name: Vandashwal Maharaaj

Age: 10

Date: 1/25/09

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when

I Sleep

It helps me in

Asthama

My Name: RAGHAVA

Age: 9

Date: 1/18/09

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when I do it when I wake up and when I sleep, and when I am mad at my sister

It helps me in to cool down when I am mad at my sister so I don't punch my sister.

My Name: ADITYA AGASHE

Age: 12

Date: 1/18/08

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when I sleeps, I wake up, and when I am angry.

It helps me in (calming) down and sleeping or waking up.

My Name: ANAM MEHTA Age: 10 Date: 1/18/08

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when Whenever I get to

It helps me in Calming down

My Name: AMOHA RAMANATH Age: 12 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- before I go to bed
- on the bus
- when I'm bored

It helps me in

- when I'm mad
- concentrating
- not being bored
- calm myself down.

I like ~~the~~ this class because it helps me calm down when I'm tired or angry.

My Name: PRAHLEEK Age: 8 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I go to sleep.

It helps me in ~~by~~ going to sleep.

My Name: NIKHIL B. Age: 9½ Date: Jan. 1st/2/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I'm bored

It helps me in nothing

My Name: ROHAN AVACHIT Age: 9 Date: 11/18/10

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I wake up

It helps me in Getting up and feeling fresh

My Name: VARUN, R. Age: 9 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when I do it when I sleep,
When I do homework,
When I'm mad.

It helps me in When I am mad. it helps
me calm down

My Name: KAUSHIK PILAR

Age: 11

Date: 1/18/09

I Practice by Counting

Only Feeling breaths
(Without counting)


Using fingers
(Without counting)

Staring at a spot

I do it when

I sleep

It helps me in

Calming
Down 



My Name: KALYAN

Age: 10

Date: 1/18/08

I Practice by Counting

Only Feeling breaths
(Without counting)

Using fingers
(Without counting)

Staring at a spot

I do it when I'm angry at my brother,

It helps me in calming down when I'm angry

My Name: SHAMANTH MURUNDI Age: 9 Date: 1/18/08

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- I am in the car
- I am in bed in the morning
- I am in a angry mood

It helps me in

- calming me down
- stop carsick
- get active and awake

My Name: MANTHAN VASABDI Age: 10 Date: 1/18/09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

I do it when I am in the car.
I am in my bed when I am angry.

It helps me in

calming down
thinking hard about something
~~And~~ when I'm bored

My Name: RIYAN MEHTA Age: 13 Date: 1-18-09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it whenever I can

It helps me in anger, stress, study, concentrate
CONCENTRATE

My Name: PRANJAL PATEL Age: 10 yrs Date: January 18, 09

I Practice by Counting Only Feeling breaths (Without counting) Using fingers (Without counting) Staring at a spot

I do it when

- * I am bored
- * I am in a long car ride
- * When I can't sleep
- * On the bus ride
- * when I am mad

It helps me in

- * It helps me think about things,
- * It helps me not be bored.
- * It helps me fall asleep.
- * It helps me calm down.