

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4th Grade Date: 5/15/13

1. When I practiced the breathing, I felt

Calm and sleepy

2. I want to try this technique when I

~~##~~ Can't go to sleep

3. I think this practice will help me for

going to sleep

My feedback on the 'Focusing on breathing' seminar

I am in Grade ... 5 Date: 5/15/13

1. When I practiced the breathing, I felt

happy, and at peace and slightly sleepy

2. I want to try this technique when I

am being stressed at school

3. I think this practice will help me for

sleeping and keeping my cool