

My feedback on the 'Focusing on breathing' class

I am in Grade ...

Date: 4/17/13

1. When I practiced the breathing, I felt

calm

2. I want to try this technique when I

am mad

3. I think this practice will help me for NYS test

My feedback on the 'Focusing on breathing' class

I am in Grade ... 3

Date: April 17th

1. When I practiced the breathing, I felt

Really calm

2. I want to try this technique when I

am mad

3. I think this practice will help me for

When my sister is mad at me

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4

Date: 4/17/2013

1. When I practiced the breathing, I felt

~~am~~ relaxed

2. I want to try this technique when I

have to get ~~up~~ to sleep,

3. I think this practice will help me for

getting up ~~at~~ in the morning,

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4

Date: April 17 2013

1. When I practiced the breathing, I felt

~~calm and~~ Calm and relaxed.

2. I want to try this technique when I'm...

mad at my sister or stressed.

3. I think this practice will help me for

tomorrow before the State tests

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4

Date: 4/17/13

1. When I practiced the breathing, I felt

good and happy

2. I want to try this technique when I

Go to sleep

3. I think this practice will help me for

settling down

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4

Date: 4/17/13

1. When I practiced the breathing, I felt Calm and relaxed

2. I want to try this technique when I am mad ^{or} tired.

3. I think this practice will help me for falling asleep and calming down.

My feedback on the 'Focusing on breathing' class

I am in Grade ... 5

Date: 4/17/13

1. When I practiced the breathing, I felt relaxed, calm, focused.

2. I want to try this technique when I am stressed with school.

3. I think this practice will help me for after being bullied.

My feedback on the 'Focusing on breathing' class

I am in Grade ... 5

Date: 4/17/13

1. When I practiced the breathing, I felt

calm and relaxed.

2. I want to try this technique when I

am mad, angry, and stressed.

3. I think this practice will help me for

calming down and stop being stressed, angry, mad.

My feedback on the 'Focusing on breathing' class

I am in Grade ... 4

Date:

1. When I practiced the breathing, I felt

calm

2. I want to try this technique when I

am taking a test

3. I think this practice will help me for

alot of things.
