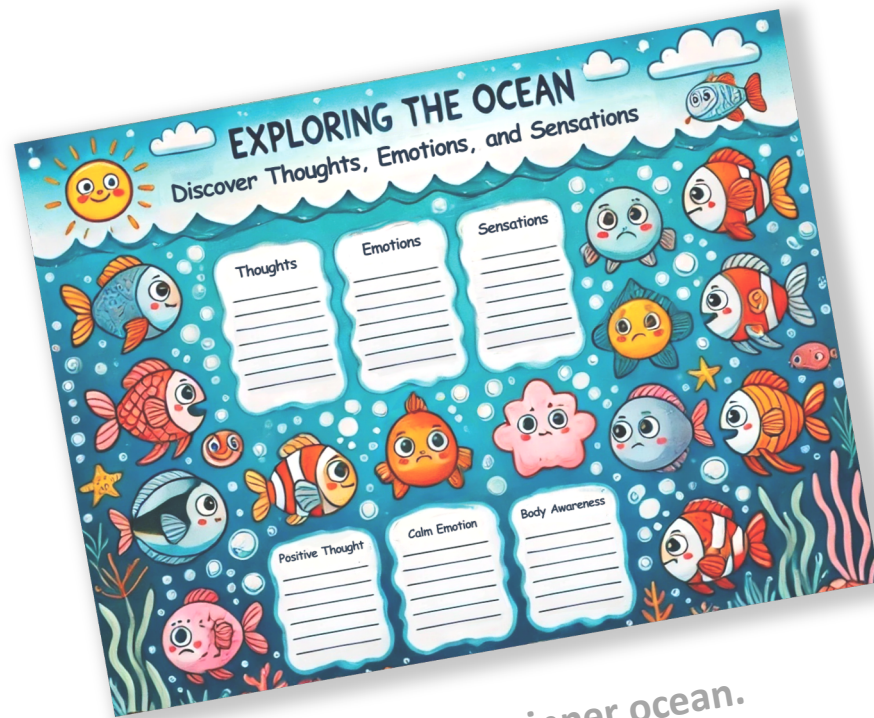


Breathing Like a Whale Journal

After practicing “whale breathing” for one to two minutes—taking slow, deep, mindful breaths—take a moment to reflect and journal your experience.

Instructions for Students:

1. Before you begin breathing like a whale, take a moment to notice:
 - What are you thinking about?
 - How are you feeling emotionally?
 - What sensations do you feel in your body?
2. Record your thoughts, emotions, and sensations in the **top section** of the journal.
3. Now, breathe like a whale for one to two minutes. Inhale deeply, then exhale slowly and fully—just like a whale coming up for air.
4. After breathing, pause and notice again:
 - What’s changed in your thoughts, emotions, or body?
 - How does your “inner ocean” feel now?
5. Write your observations in the **bottom section** of the journal.



Explore your inner ocean.
Enjoy and have fun!

Remind students:

There’s no right or wrong answer. The goal is simply to notice what’s happening inside—your **inner ocean**—before and after mindful breathing.

EXPLORING THE OCEAN

Discover Thoughts, Emotions, and Sensations

Thoughts

Emotions

Sensations

Positive Thought

Calm Emotion

Body Awareness

