

BREATHING EXERCISE

Instructions on back!



PET Breath

mind
body
align

PET Breath

The PET breath helps you pause, breathe, and think before you act—just like a calm and caring pet would do!

INSTRUCTIONS

1. **P – Pause and Breathe In**

Be still and take a big, slow breath in through your nose.

2. **E – Exhale Slowly**

Now let it out gently through your mouth, like a sleepy owl: Whooooooo...

3. **T – Think**

Ask yourself: “How am I feeling?
What can I do next?”

4. Do it again: Pause... Breathe in...
Exhale... Whooooooo... and Think.

5. Great job being a calm and kind P-E-T!