



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: Whooooooooo...

3.T – Think

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

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

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

**mind
body
align**