



Name _____

Breathing Techniques Word Search

N E T A B M S A K N D C O U N T G A W T
 T Z X N I C Y P M A H A V U Q I U W G B
 M W R L A K C K S T I L L N E S S M M I
 N X F J H Q U T A U N M O X M H L H X S
 Y G K E Y E E E B R H U D F H T O O U C
 W P Q B O Q R K J A A R Z C R E W A P J
 O I L W A B H O D L L J W L F B J B E U
 U P S Q H W E H N V E B N Y B M X T M O
 V T L T C X C P A O M S S E F H H H Y Y
 X J U K X T R D A E S B Z U Q C T X Y R
 Q O F Q Q B W R A W R E D D M Y C P T F
 M A C O N J R C B H A Y B W H D U J J V
 T N O B Q H X B R K F R P R N R B Y L G
 O Q A I L I Z D P I C A E O E G D I T I
 T P B R P S F N W Y L M N N P A U S E Q
 X K X F T J M H F O Y A Z V E B T D X E
 X V F Y L K O Z X V V P J T O S Q H H C
 S E P R A O K V F O C U S L K M S T A O
 T J M S U N R H R L A I G W O R S V L A
 H Y G Q L L D J L K N B X V L E D E E P

Inhale

Exhale

Pause

Nose breath

Mouth breath

Steady

Deep

Slow

Natural

Rhythm

Count

Awareness

Stillness

Focus

Calm

