

You use your breath each
time you talk or sing,
for every whisper and
every shout.



Your breath can be short
and quick like the drum line
in a marching band.





Your breath can
be long and slow
like waves rolling
onto the sand.



Counting Breath

Sit up and let your spine grow tall.

Take a deep breath in, counting silently 1...2...3.

Then let your breath out, counting silently 1...2...3.

Repeat three times.









