

What Kids Say About Breathing and Stretching



It helps me focus more * I am less nervous now * My back feels stretched * I learned to breathe deep * I enjoyed the positive thoughts and focusing * It made me happy, calm, and free * It is quiet * It relaxed me * I loved relaxing in star fish pose * It was calming * The stretches are fun * Star fish pose made me feel very relaxed * It helped me calm down when i take the FSA * It made me think positive thoughts * It slowed down my breathing * It was fun * I liked how she said to believe in ourself * I got focused and it felt good inside * Doing stretching and breathing helped me when I felt sore * I liked that we can do it almost everywhere like at school and at home * Breathing and stretching with Mrs. Frizzi made me notice that I was much calmer and quite tired * I almost fell asleep because I was relaxed at the end * I felt good and calm and happy * It is very calming and I liked the volcano pose the most * It helped me relax and stay calm *It made confident about myself * Stretching and breathing helped me relax and let go of my worries and it soothed my tension * I liked talking about ways to feel more relaxed and motivated * IT WAS FUN BECESE WE GOT ALL POZEDIV (positive) * It help me relax and take my mind of all the hard work I did * What I like the most is when I relaxed and felt the positive energy