More stories at WordBlanks.com

breathing and imagery

1. Adjective _____
2. Adjective _____
3. Part Of Body _____
4. Part Of Body _____
5. Part Of Body _____
6. Part Of Body _____
7. Noun _____
8. Noun _____
9. Noun _____
10. Verb - Present Ends In Ing _____

breathing and imagery

Let's Begin. Take a _____Adjective_____, _____Adjective_____ breath in through your _____Part of Body_____ and out through your _____Part of Body_____. Keep breathing in and out, focusing on how your body feels at this moment. Feel the pace of your _____Part of Body_____ and _____Part of Body_____ becoming slower. With each breath, breath IN _____Noun_____ and breath OUT _____Noun_____ and _____Noun_____. Feel your body _____Verb - Present ends in ING_____ more and more into deep relaxation.

©2026 WordBlanks.com · All Rights Reserved.