



11-12 YEARS | WEEK 54

Hobbies Interests-Health & Wellness Yoga

1. Train spotting: At the station

2. Belly breathing

3. Flower breathing

4. Crossword

5. Time out break

6. Match the following

7. Mixed emotions

8. Kindness acts

9. Crossword

10. Train spotting: History of trains

11. Express yourself

12. Match the following

13. Stay calm

14. True or false

15. Importance of saying no

16. Negative emotions

17. Roll a dice-breathwork

18. Bingo

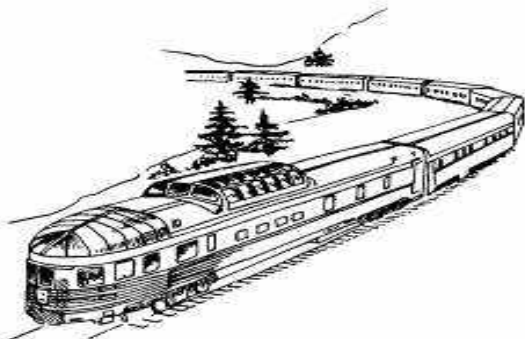
19. Odd one out- Emotions

20. Unscramble- Feelings

Train spotting: At the station



In the spaces given below mention what you see at the railway station.



1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

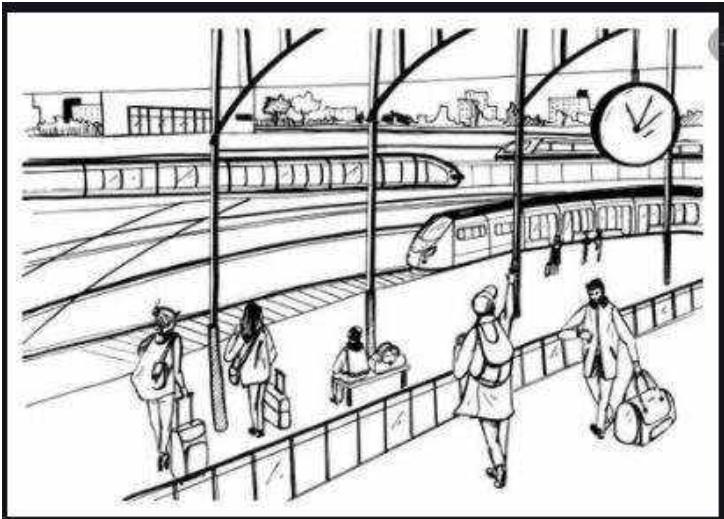
11 _____

12 _____

13 _____

14 _____

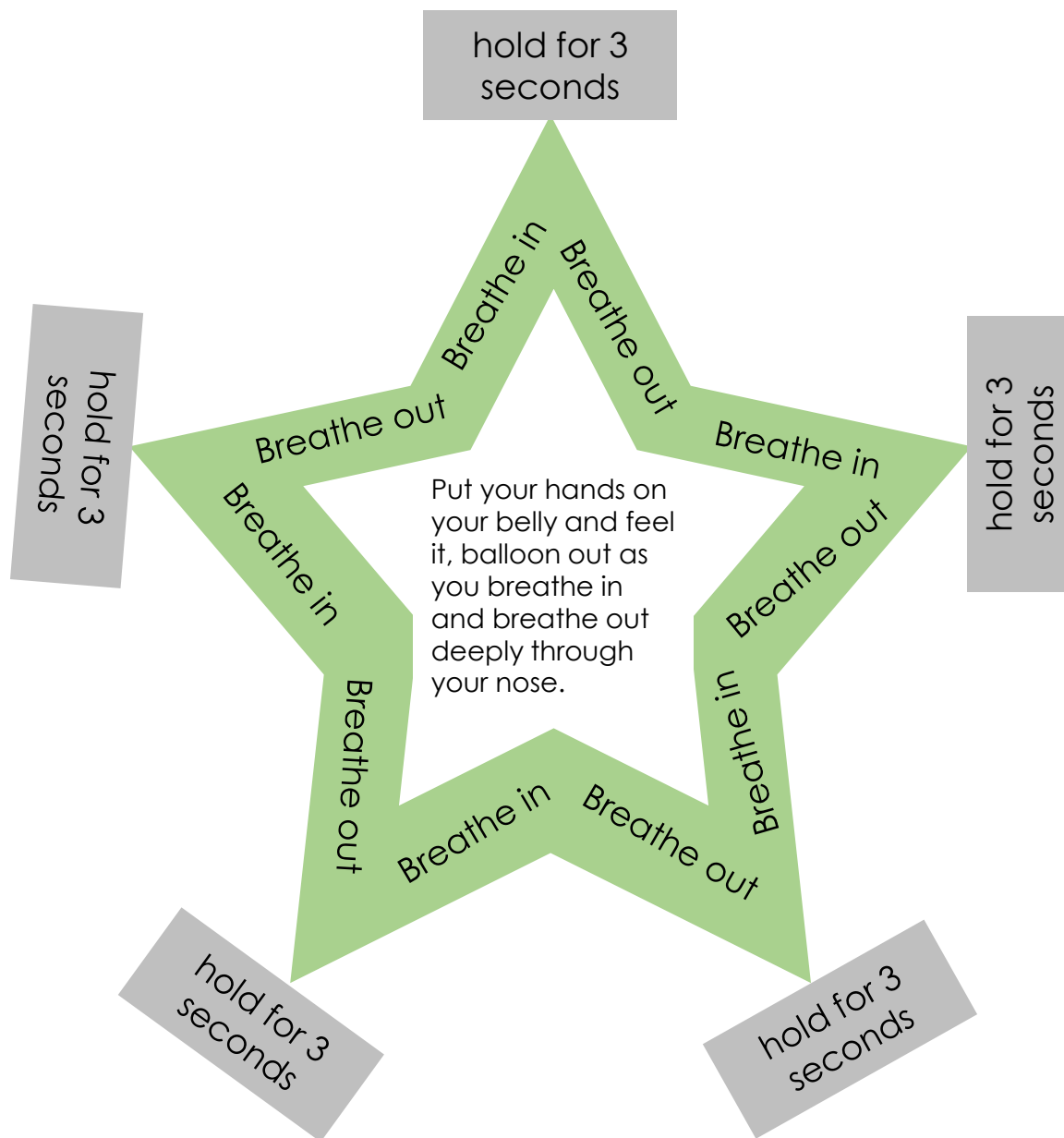
15 _____



Belly breathing



This breathing exercise can be done anytime and anywhere. Take breaks in between from your daily routine and practice belly breathing at least 3 times. Fill the chart given below.



Belly breathing chart

Days	Break-1	Break-2	Break-3	How did you feel after doing this?
Day-1	5 minutes			
Day-2				
Day-3				
Day-4				
Day-5				

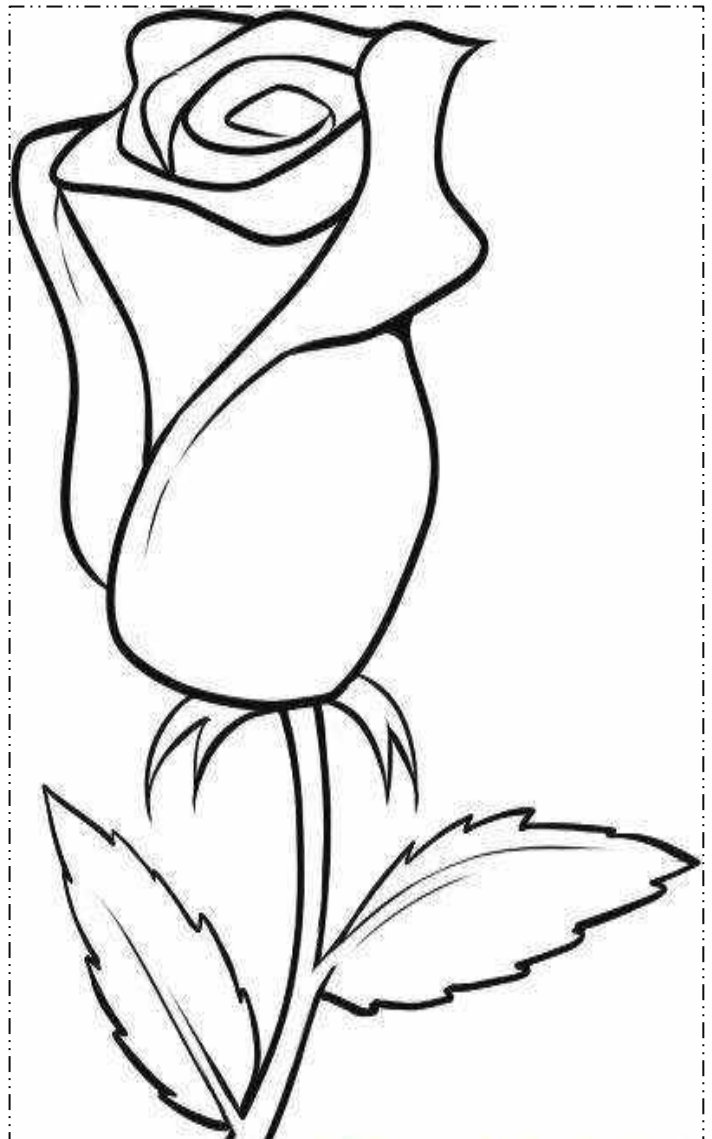
Flower breathing



Let's do a flower breathing exercise. Follow the below steps.□

1. Imagine you are holding a flower in your hands.
2. Take a deep breath while counting up to 4.
3. Hold your breath and count up to 4. Imagine you are enjoying the fragrance of the flower.
4. Slowly exhale while counting up to 4.
5. Repeat this 15 times.

Write down your experience.



Colour the flower.

Access 12,000+ expert-designed worksheets

Subscribe Now!

[Explore all Hobbies & interests worksheets](#)