



WORK2BEWELL

WORK2BEWELL BREATHING ACTIVITY

Try this hands-on craft with your wellness clubs, classes, or in a workshop as a reminder to practice mindfulness!



Reference this Square Breathing Graphic!



[Video Example HERE](#)

Materials:

- Pipe Cleaners
- Pony Beads

Bend the pipe cleaner into a square, stick, or bracelet. Then, thread the beads on--it's that simple!

