



The Everyday Riddle

Prompt the children to raise their hand when they think they know the answer and have them wait to say the answer all together at the end of class.

Before you were born, your mom did it for you.

When you arrived into the world, you did it right from the start.

After eating lunch, you might smell peanut butter and jelly on it.

When it is cold outside it hangs in the air.

When you get upset, sometimes you might have a hard time catching it.

Slowing it down helps you focus your thoughts and relax the body.

You can pull it in one side of your nose and push it out the other.

At the end of the day a couple wide open ones help you fall asleep.

There are so many ways you use...

...your breath.

