

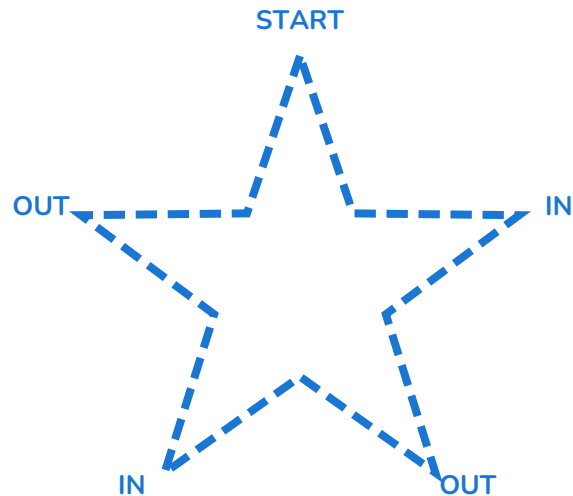
Calm-Down Breathing

Trace the path with your finger while breathing slowly!

Use your finger to trace each shape. Breathe in on one side, breathe out on the other!

Star Breathing

Trace the star. Breathe IN going up, breathe OUT going down.



Square Breathing

Trace the square slowly. 4 seconds on each side.

