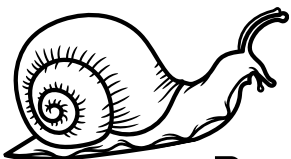
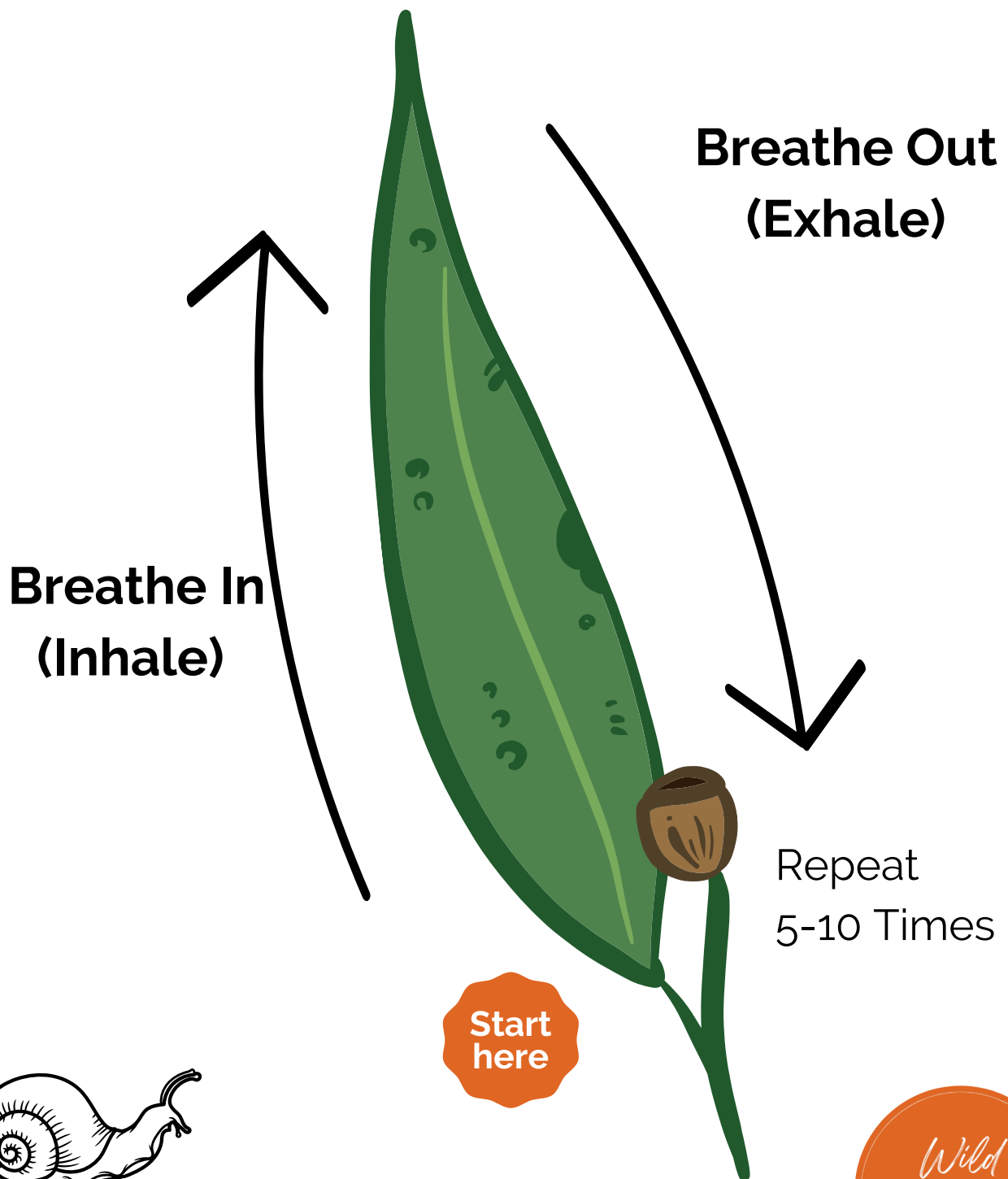


Gumleaf Breathing

TRACE YOUR FINGER ALONG THE LEAF AS YOU BREATHE

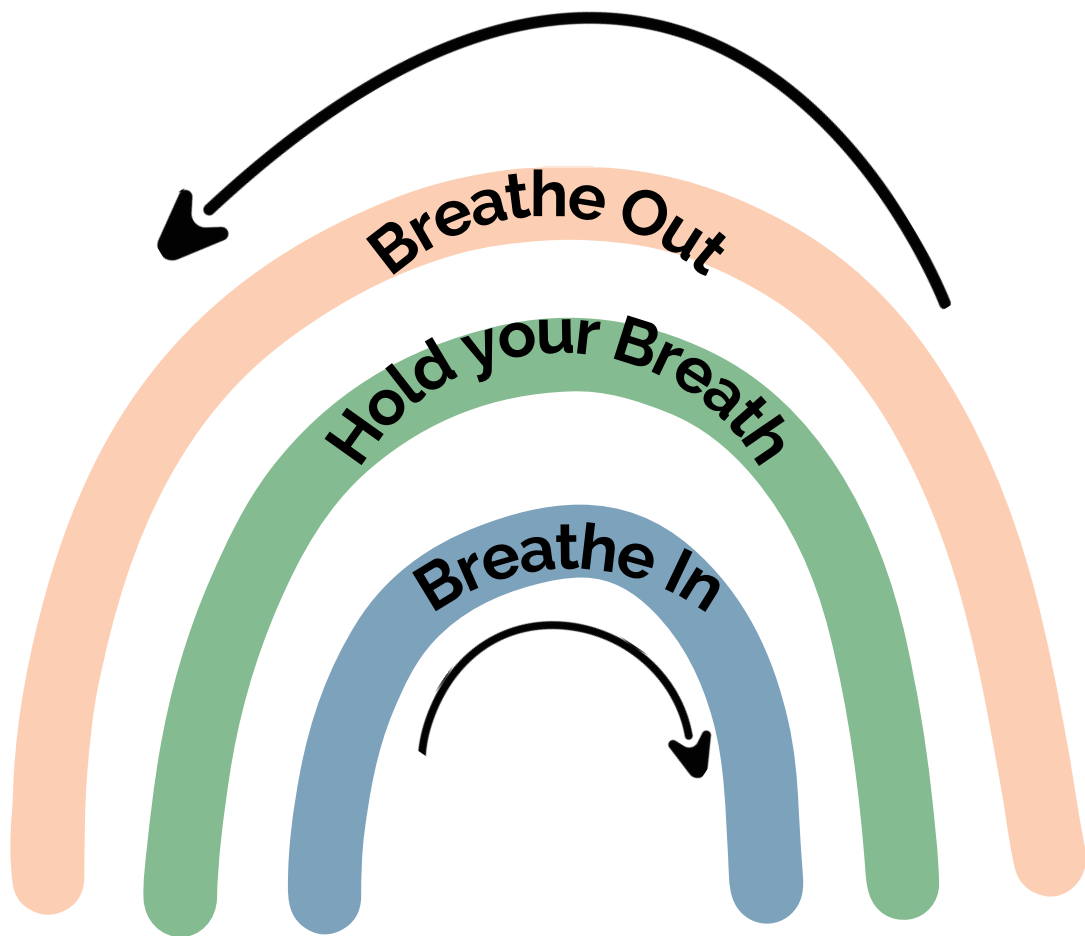


Remember
To go slow



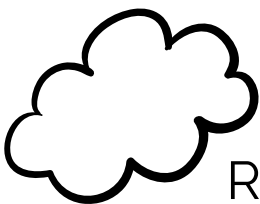
Rainbow Breathing

TRACE YOUR FINGER OVER THE RAINBOW AS YOU BREATHE



Repeat 5-10 Times

Start here

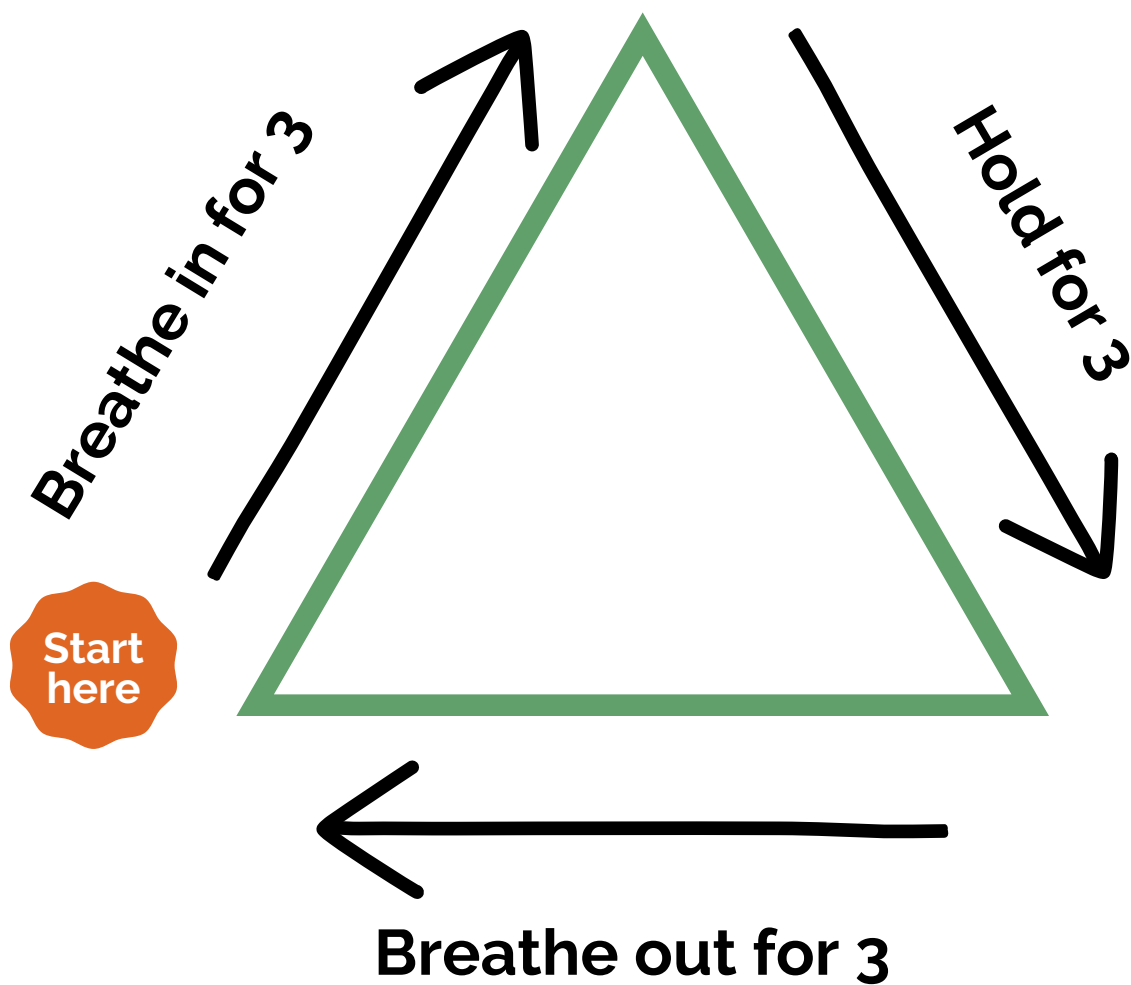


Remember
To go slow

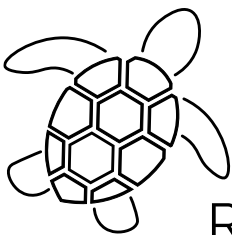


Triangle Breathing

TRACE YOUR FINGER ALONG THE SIDES AS YOU BREATHE



Repeat 5-10 Times

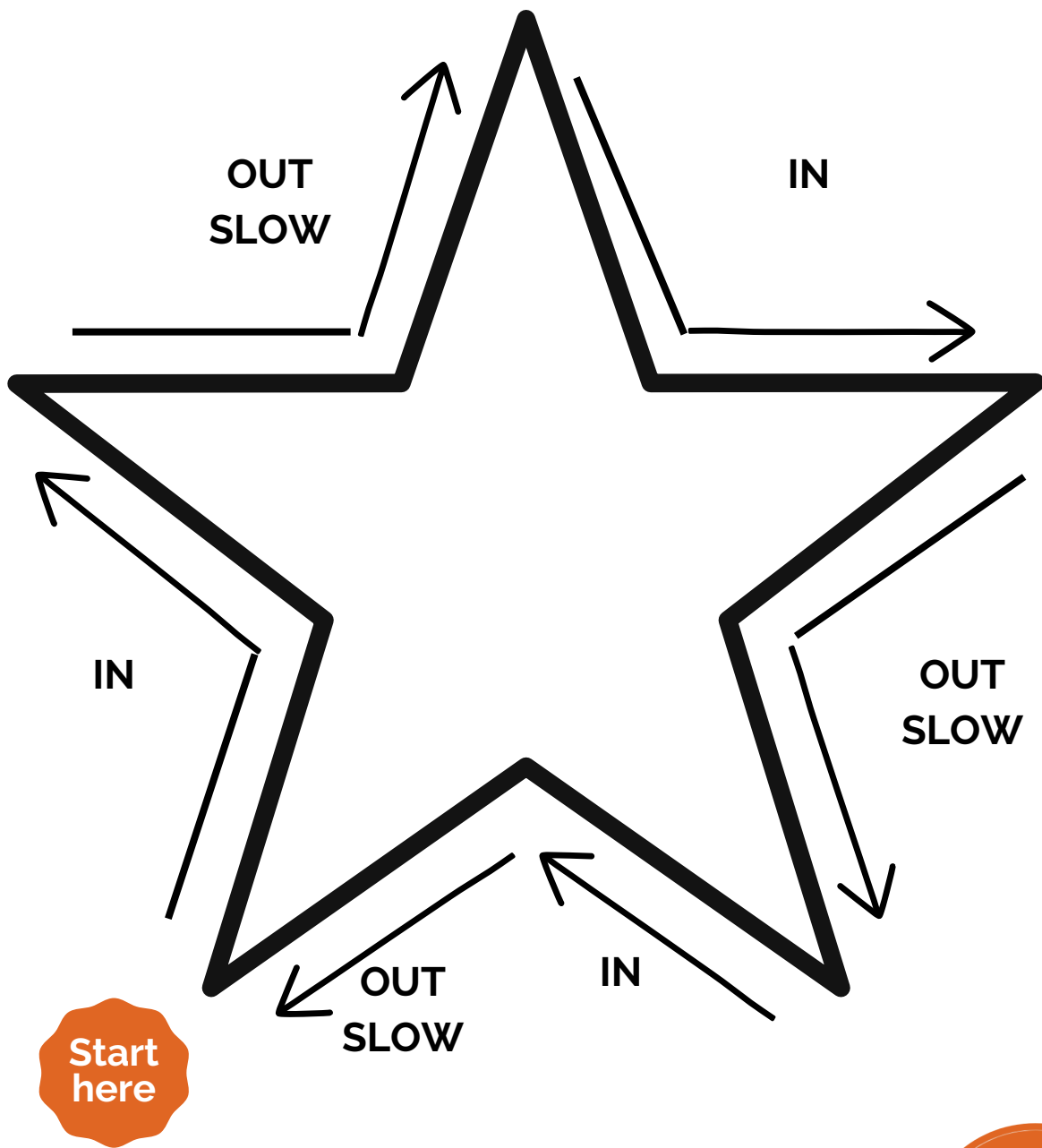


Remember
To go slow



Star Breathing

TRACE YOUR FINGER ALONG THE SIDES AS YOU BREATHE IN & OUT



Go SLOW
Repeat 3-5 Times

