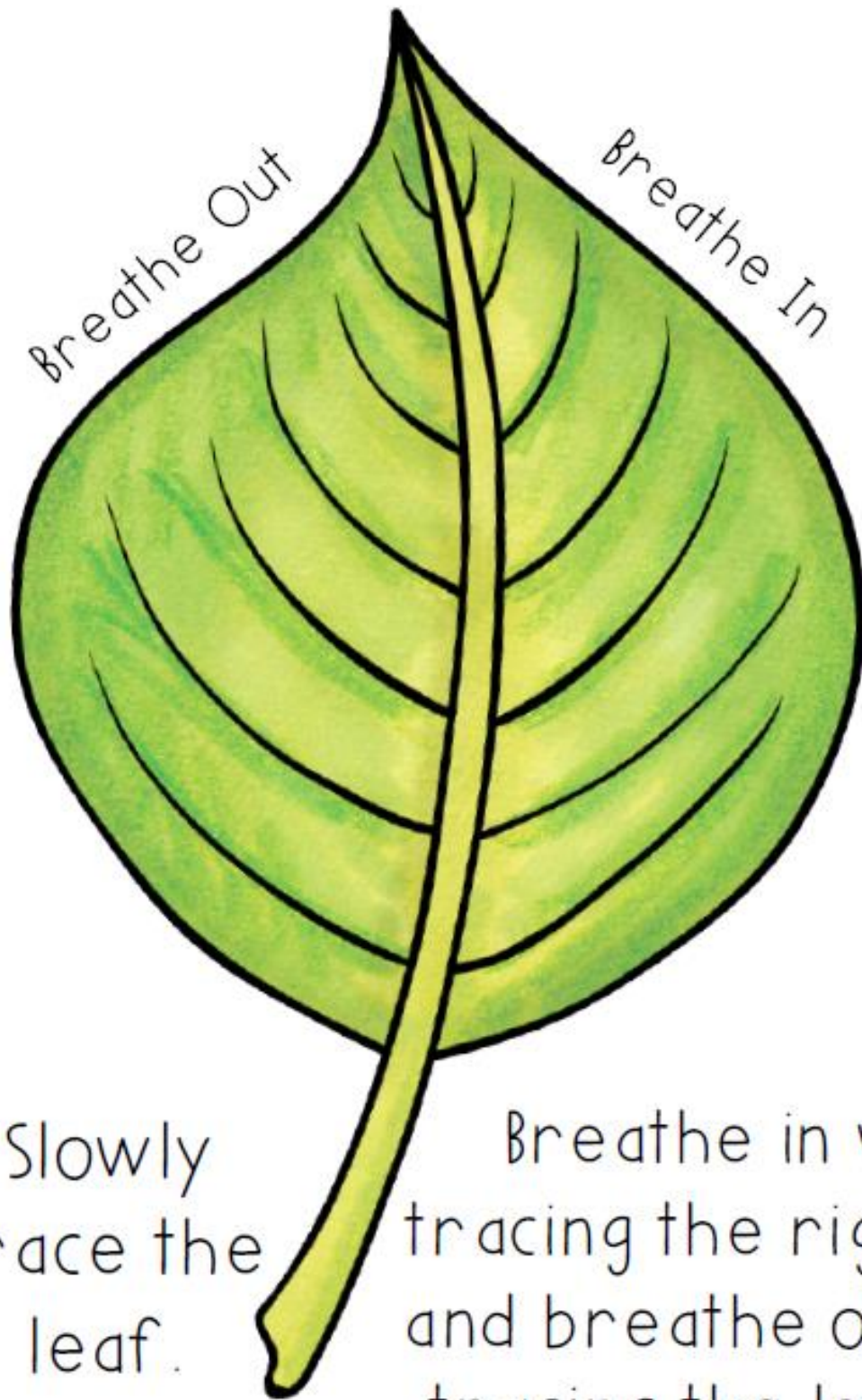


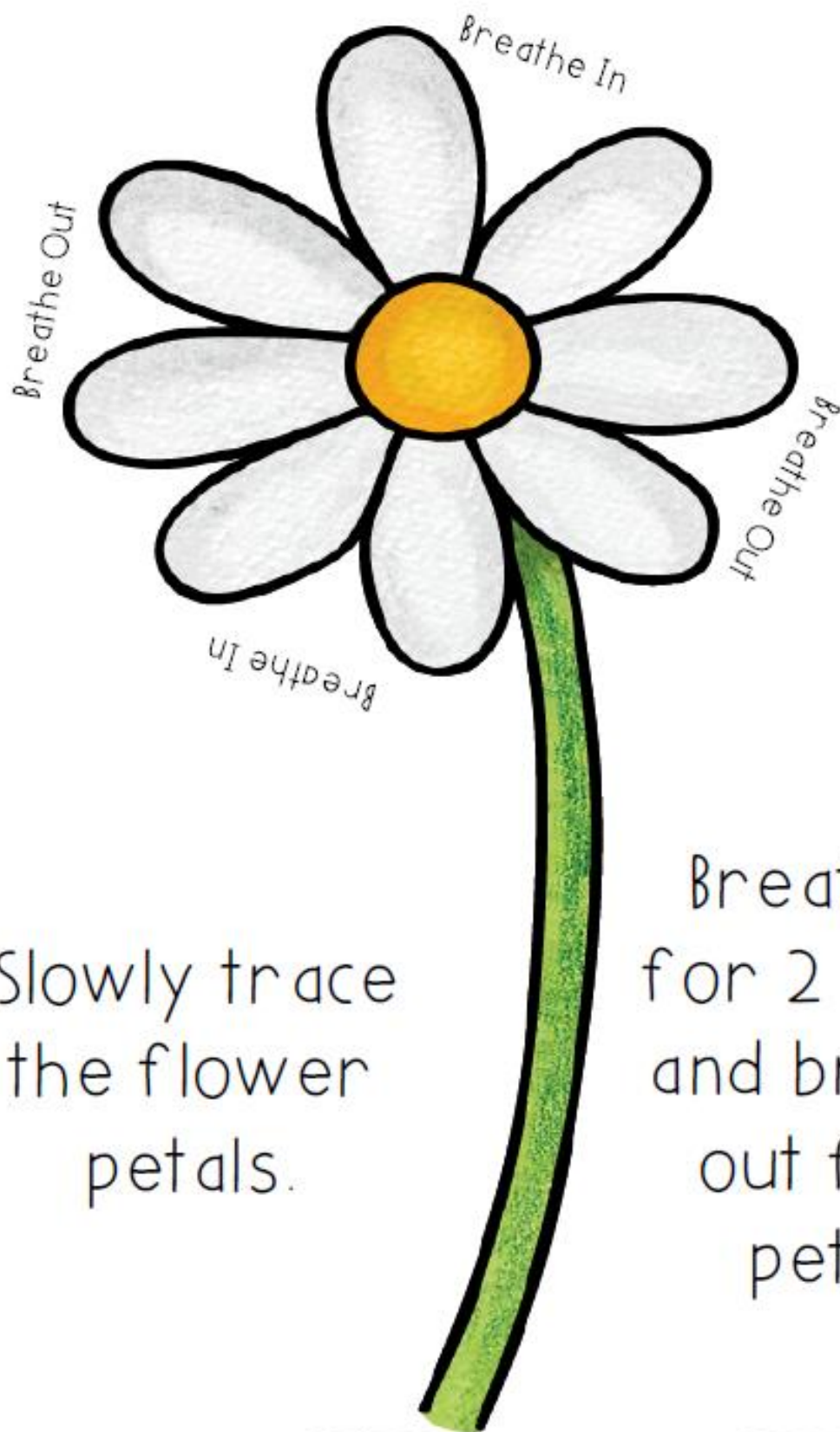
Leaf Breathing



Slowly
trace the
leaf.

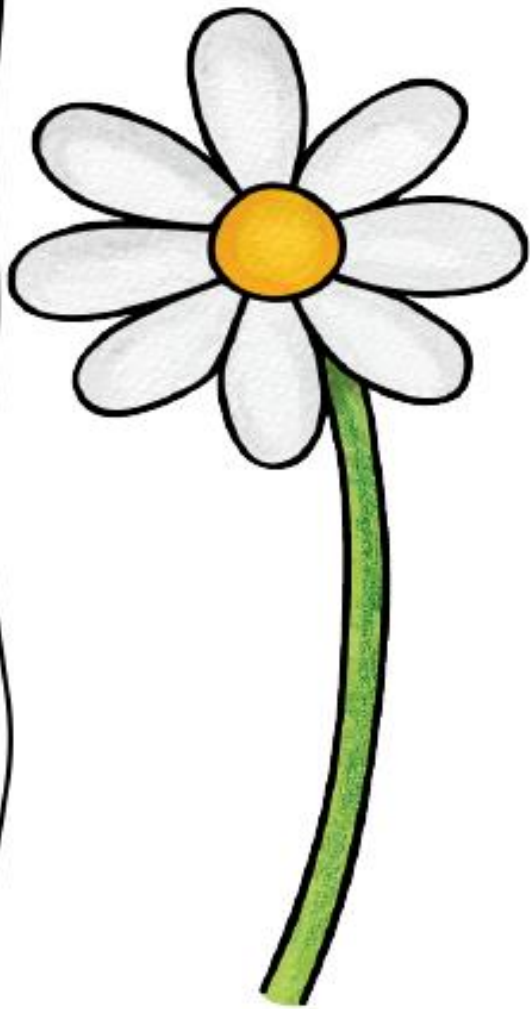
Breathe in while
tracing the right side,
and breathe out while
tracing the left side.

Flower Breathing



Slowly trace
the flower
petals.

Breathe in
for 2 petals,
and breathe
out for 2
petals.



BREATHE IN

Pretend you
are smelling a
flower.

BREATHE OUT

Pretend you
are blowing a
leaf.

