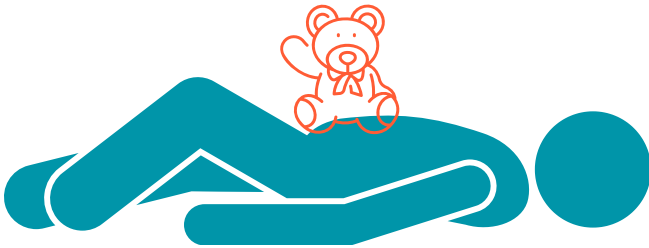


Breathing Exercises

Buddy Breathing

- 1 Lay flat on your back
- 2 Put your buddy (like a teddy bear) on your belly
- 3 Breathe in & watch your buddy go up
- 4 Breathe out & watch your buddy go down

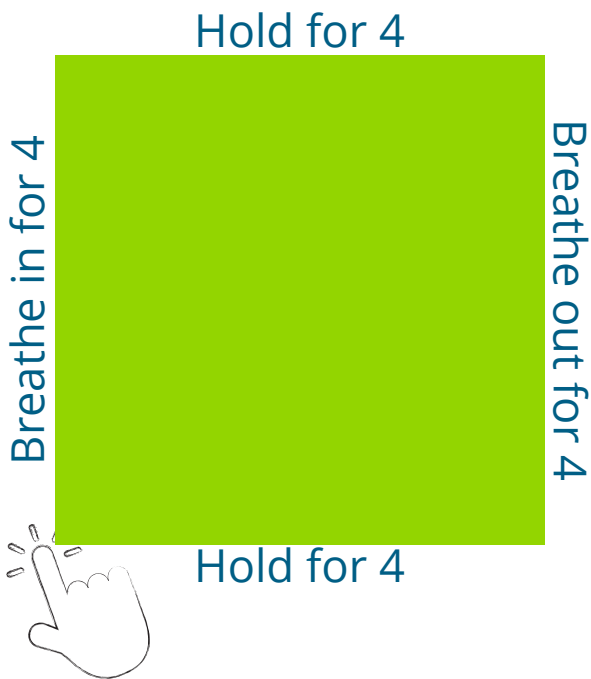


Star Breathing



Trace the star, Repeat as needed

Box Breathing



Trace the box, follow the instructions.
Repeat as needed!

Rainbow Breathing



Trace the rainbow so your hands meet above your head

Slowly bring your hands back down to your side