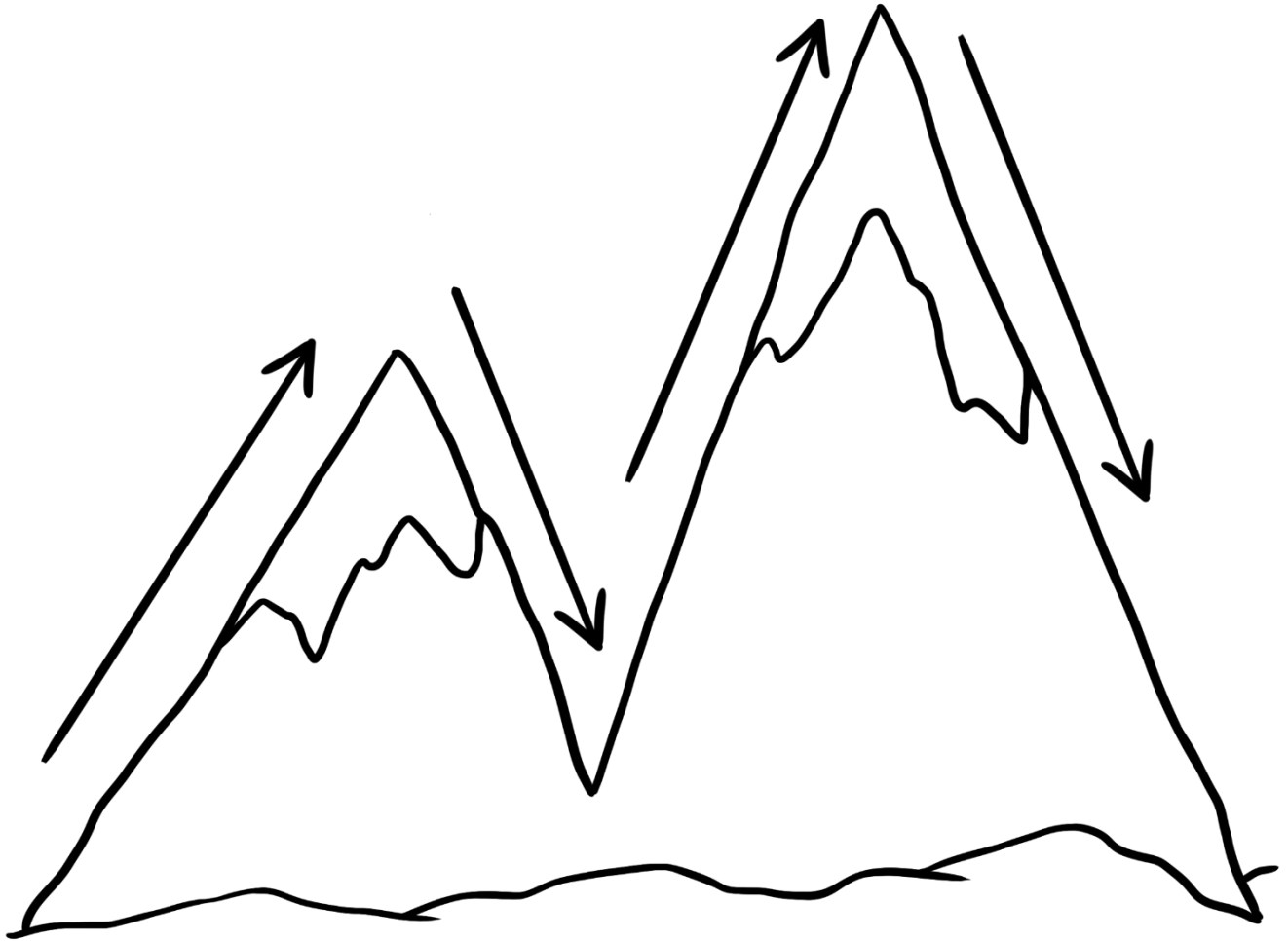
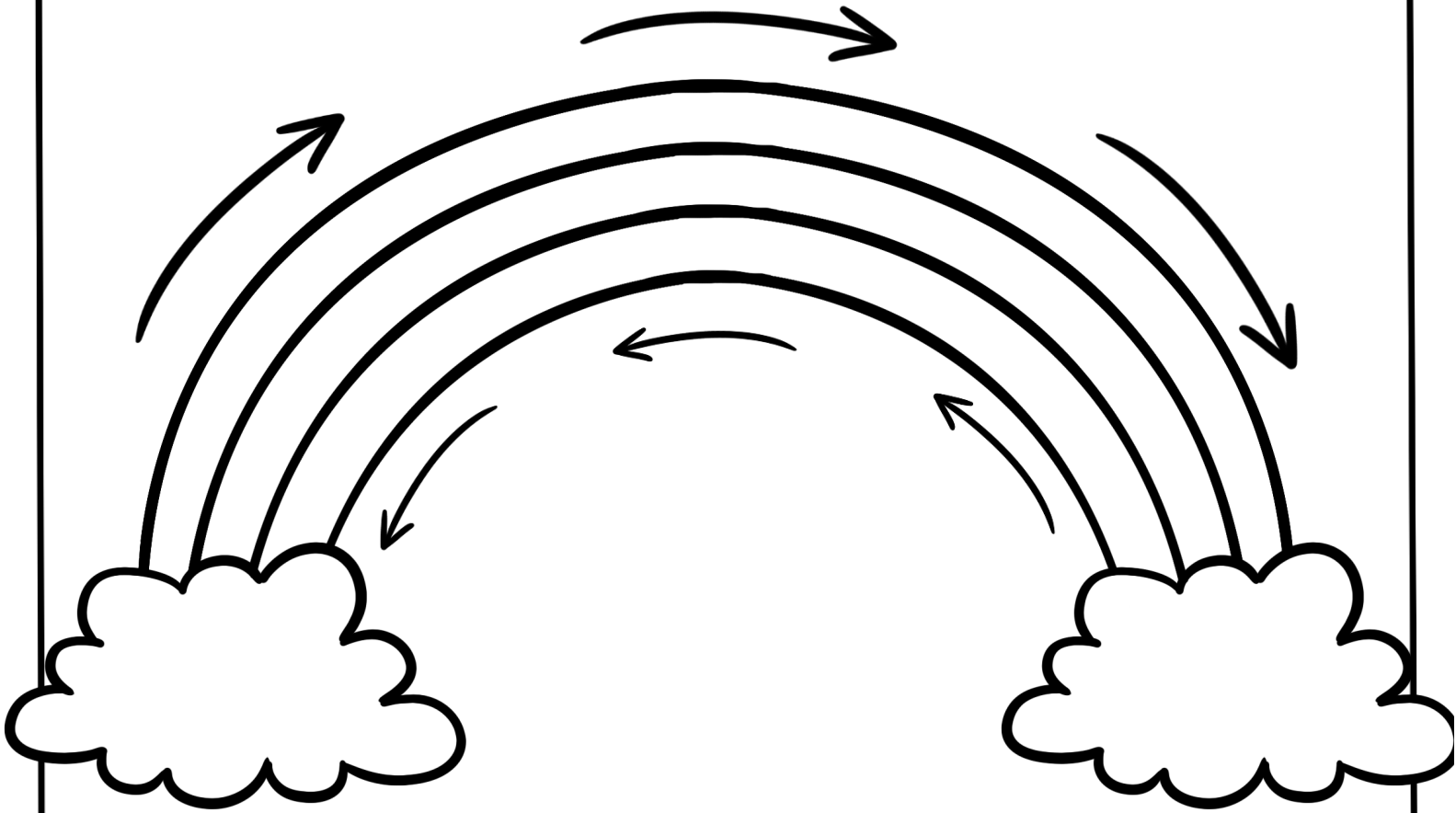


MOUNTAIN BREATHING



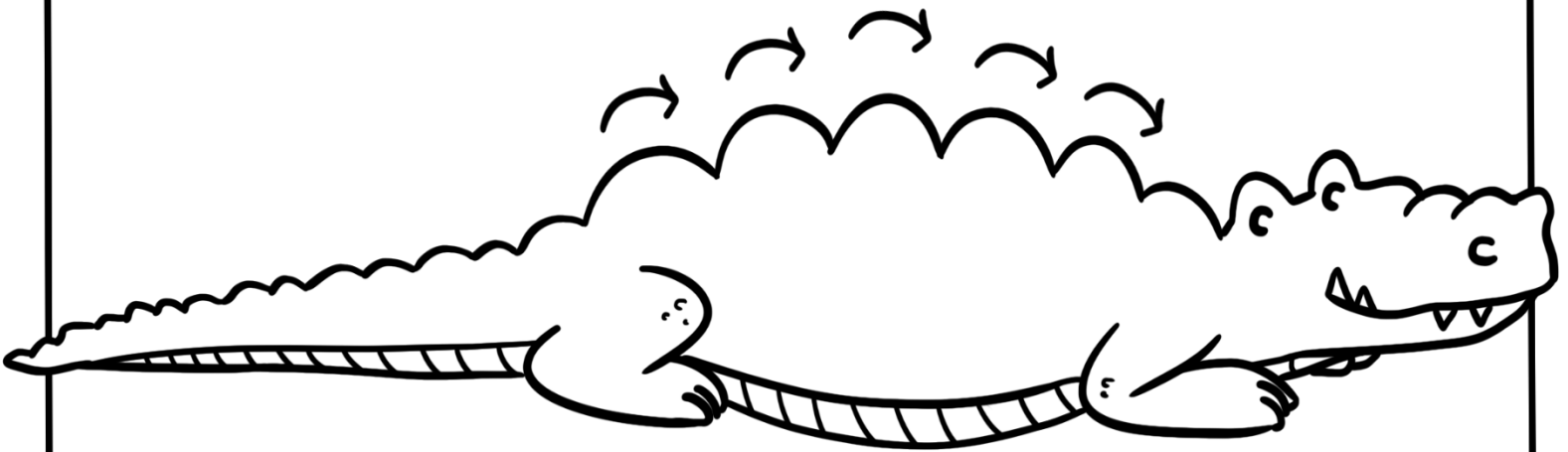
- TRACE THE EDGE OF THE MOUNTAINS.
- BREATHE IN AS YOU GO UP THE MOUNTAIN.
- BREATHE OUT AS YOU GO DOWN THE MOUNTAIN.

RAINBOW BREATHING



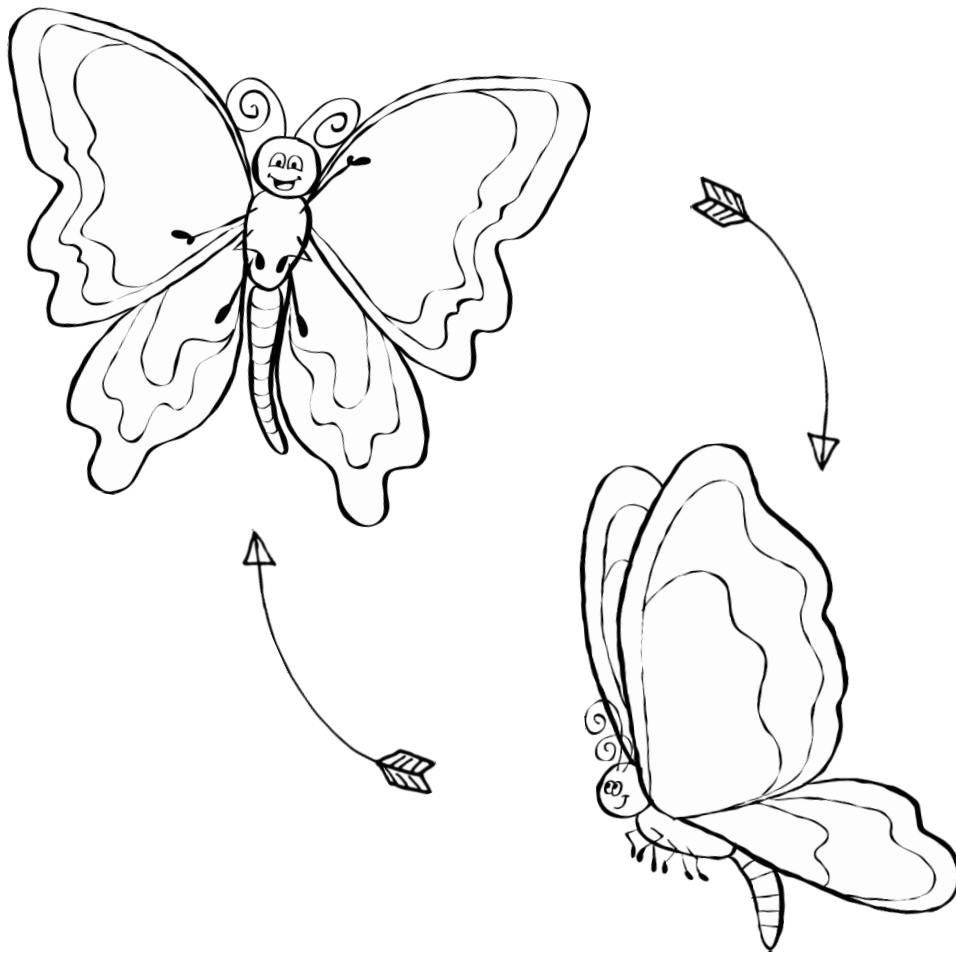
- TRACE THE COLORS OF THE RAINBOW.
- BREATHE IN AS YOU TRACE THE COLORS TO THE RIGHT.
- BREATHE OUT AS YOU TRACE THE COLORS TO THE LEFT.

ALLIGATOR BREATHING



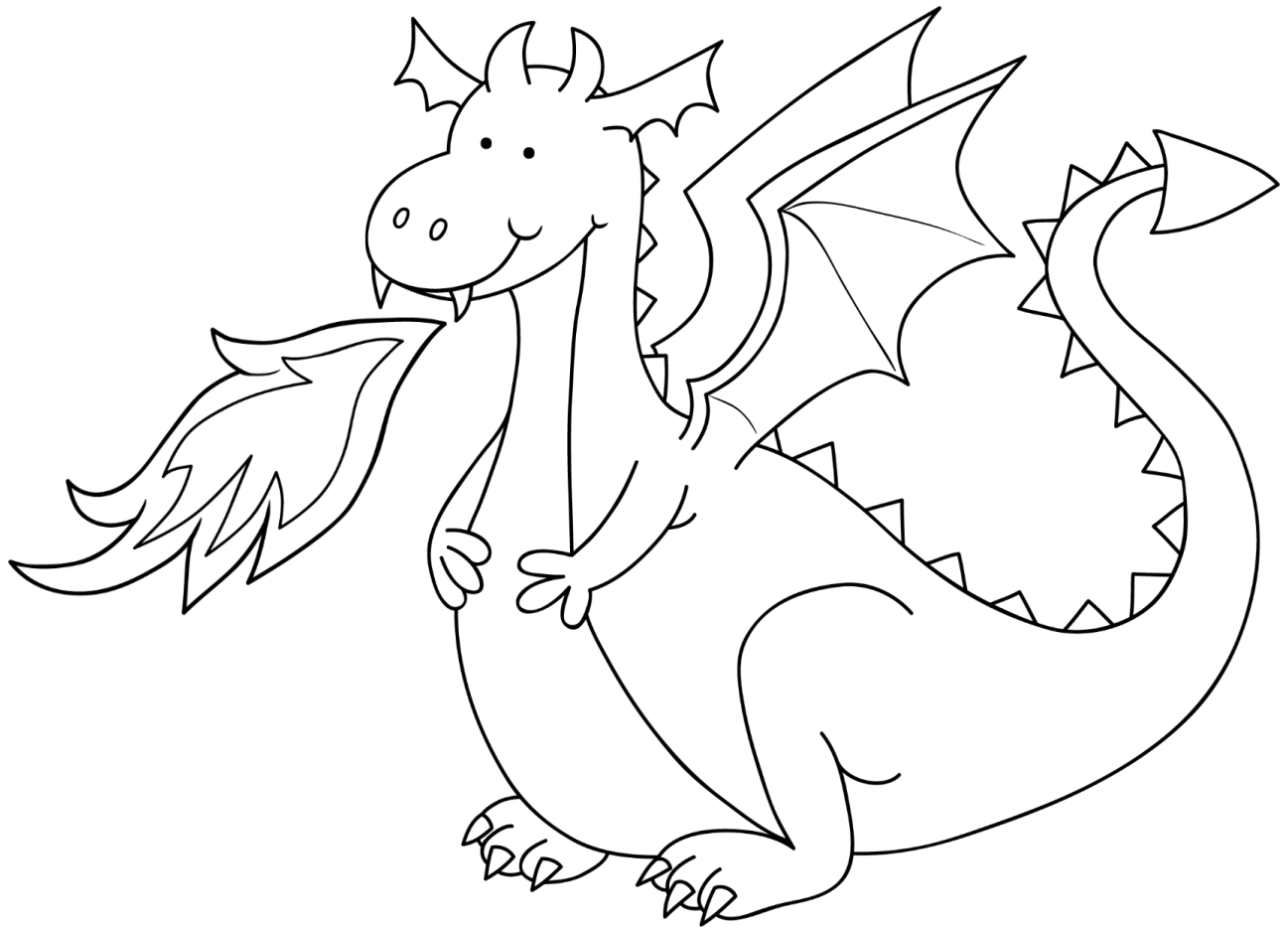
- ◎ TRACE THE BUMPS ON THE ALLIGATOR'S BACK.
- ◎ BREATHE IN AS YOU TRACE EACH BUMP.
- ◎ BREATHE OUT AFTER YOU FINISH TRACING EACH BUMP.

BUTTERFLY BREATHING



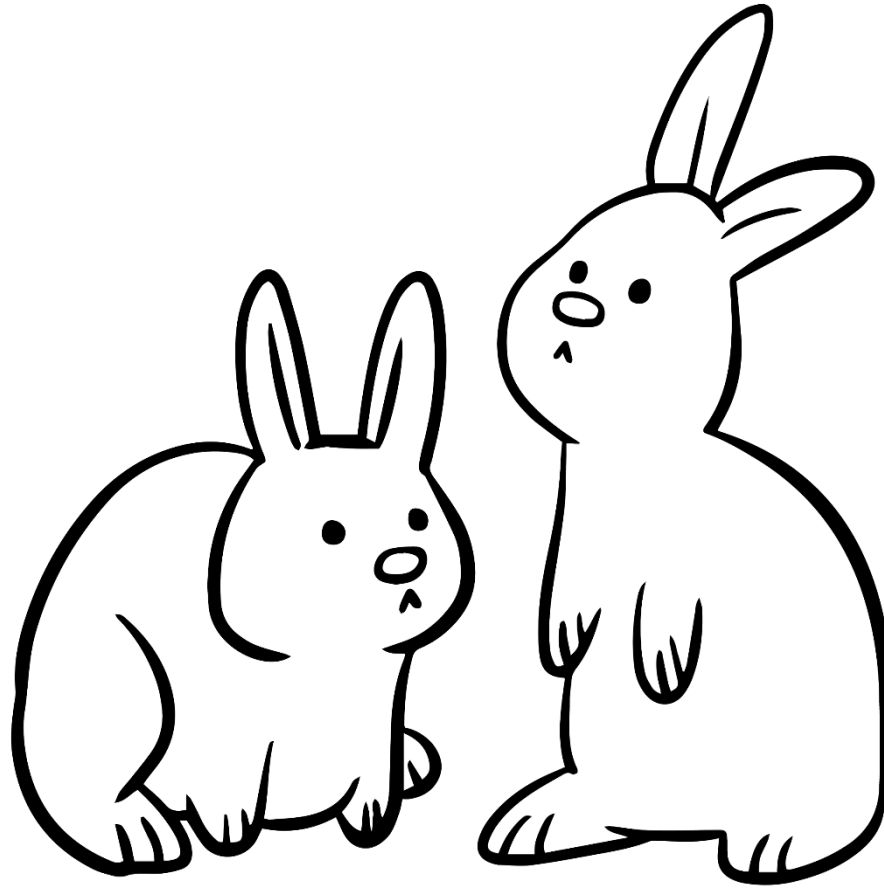
- TAKE A DEEP BREATH AS YOU OPEN YOUR ARMS (WINGS).
- LET YOUR BREATH OUT AS YOU BRING YOUR WINGS TOGETHER.

DRAGON BREATH



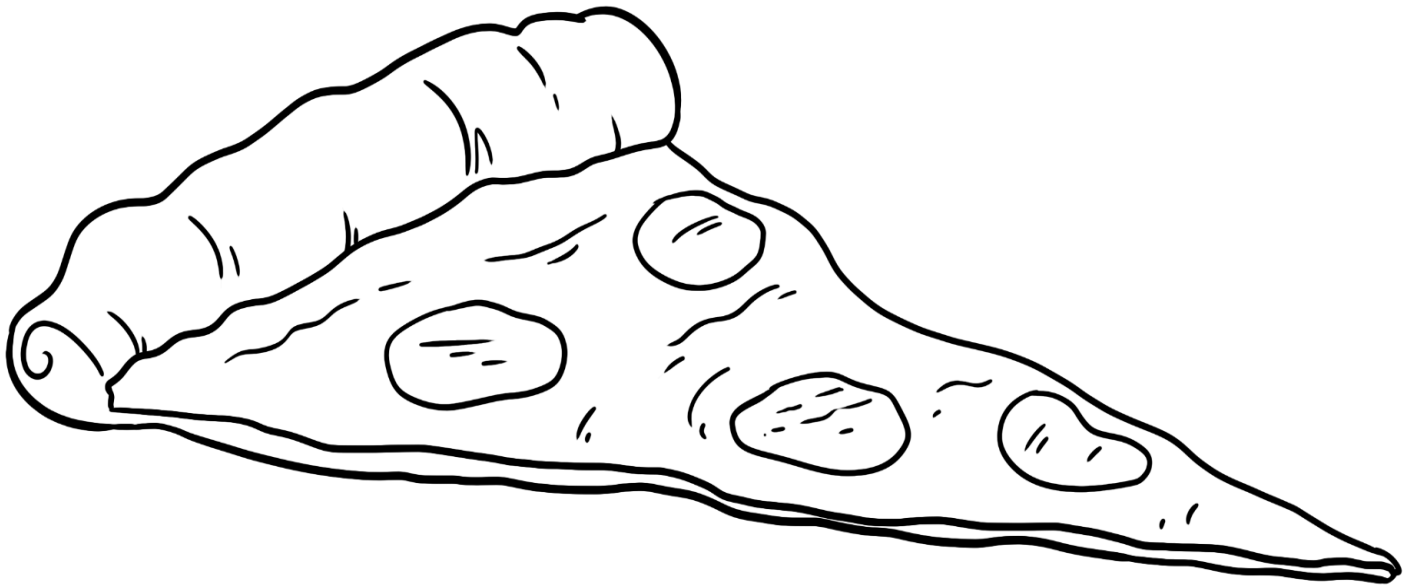
- LIFT YOUR HEAD UP TOWARD THE SKY.
- TAKE A DEEP BREATH IN.
- EXHALE MAKING A "HAH" SOUND LIKE YOU ARE BREATHING OUT FIRE.

BUNNY BREATHING



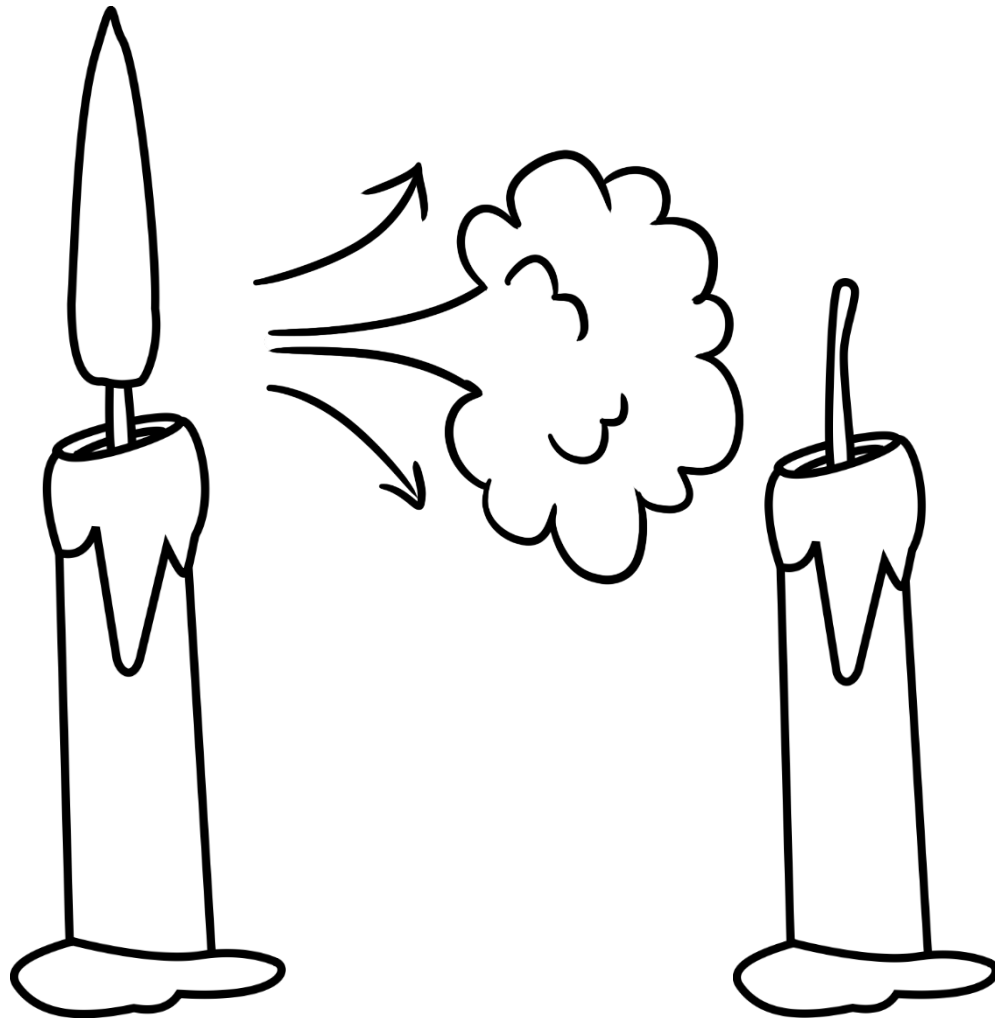
- ◎ IMAGINE YOU ARE A BUNNY.
- ◎ TAKE A DEEP SMELL OF THE SPRING GRASS.
- ◎ SLOWLY EXHALE.

PIZZA BREATHING



- ◎ PRETEND TO HAVE A BIG SLICE OF PIZZA IN YOUR HANDS.
- ◎ TAKE A DEEP BREATH IN OF THE DELICIOUS PIZZA SMELL.
- ◎ SLOWLY BLOW OUT A BIG BREATH TO COOL THE PIZZA DOWN.

CANDLE BREATHING



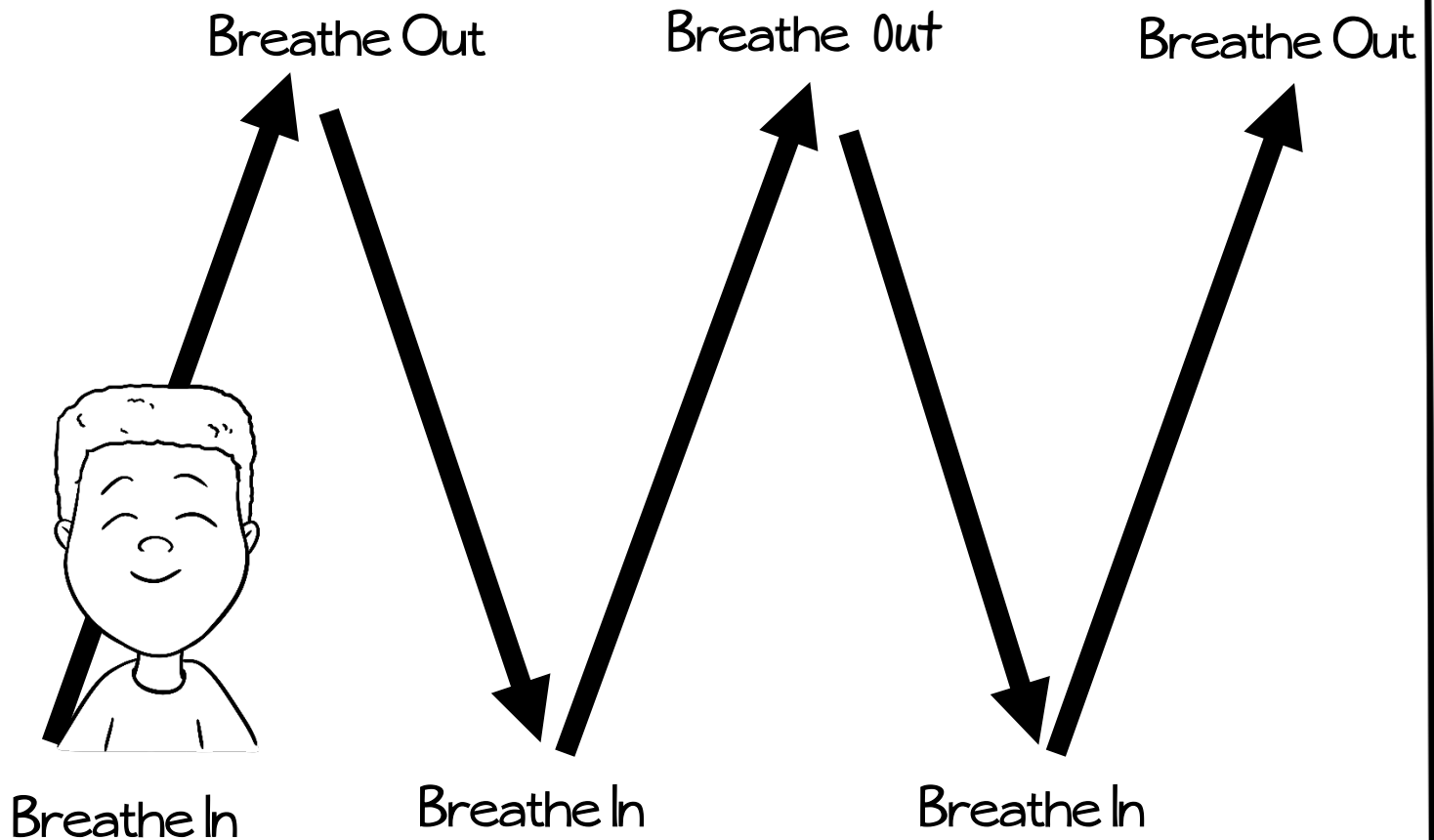
- SEE THE CANDLE AND TAKE A DEEP BREATH IN.
- SLOWLY BLOW OUT THE CANDLE.

HOT COCOA BREATHING



- ◎ PRETEND TO HOLD A CUP OF COCOA.
- ◎ TAKE A DEEP BREATH IN OF THE DELICIOUS COCOA SMELL.
- ◎ SLOWLY BLOW OUT A BIG BREATH TO COOL THE COCOA DOWN.

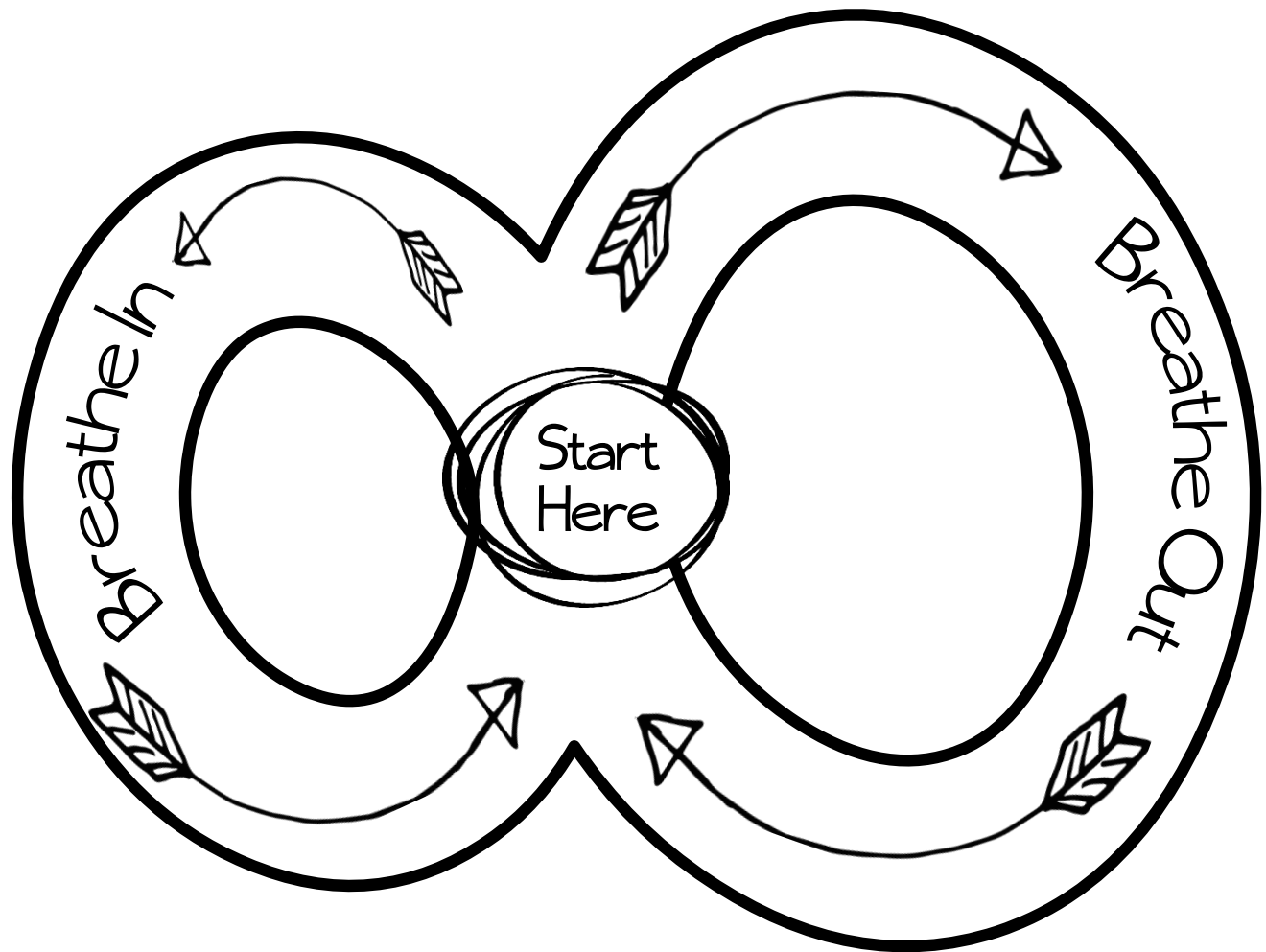
ZIG ZAG BREATHING



- ◎ FOLLOW THE ZIG ZAG LINES.
- ◎ BREATHE IN AS YOU FOLLOW A LINE UP
- ◎ BREATHE OUT AS YOU FOLLOW A LINE DOWN.

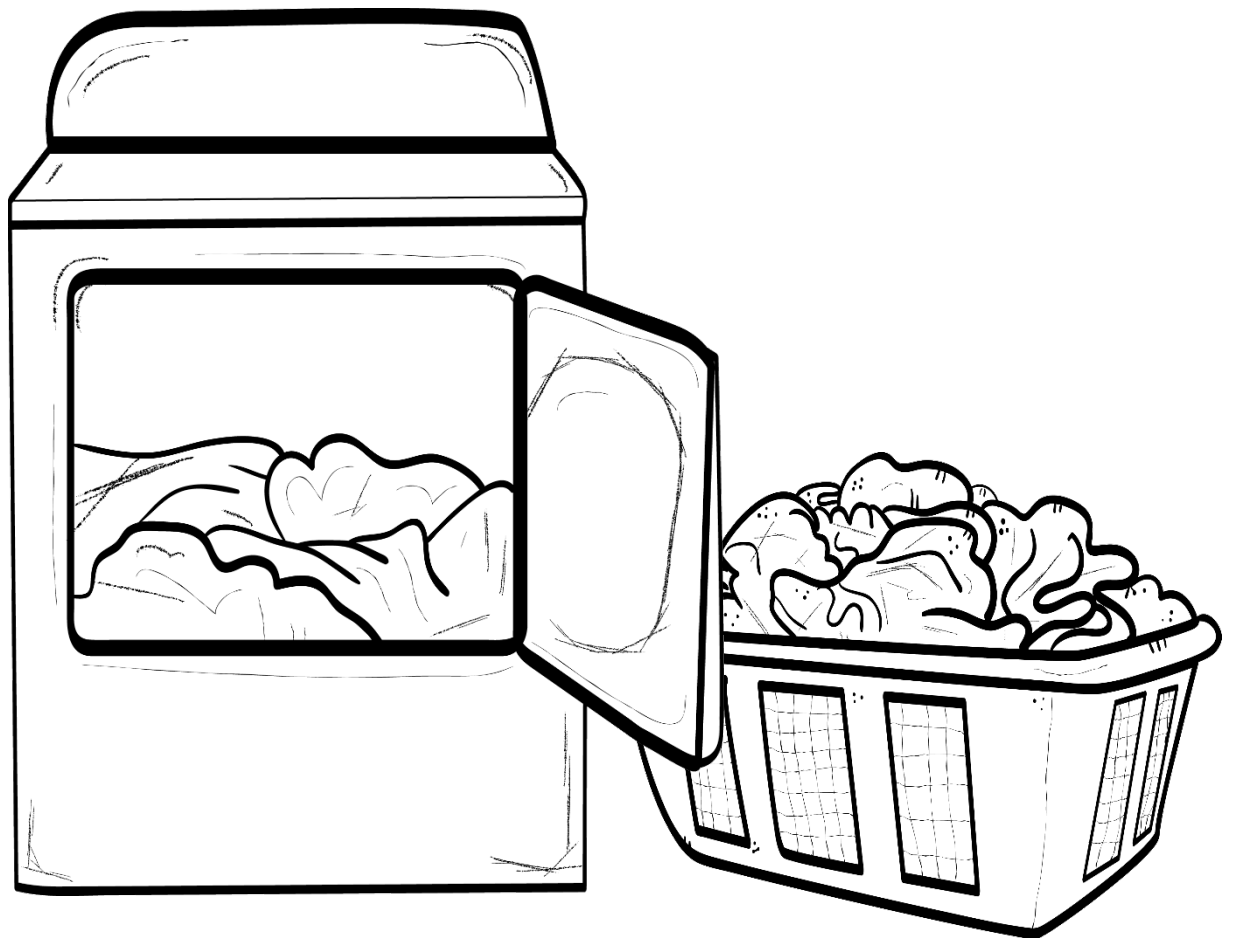
LAZY 8

BREATHING



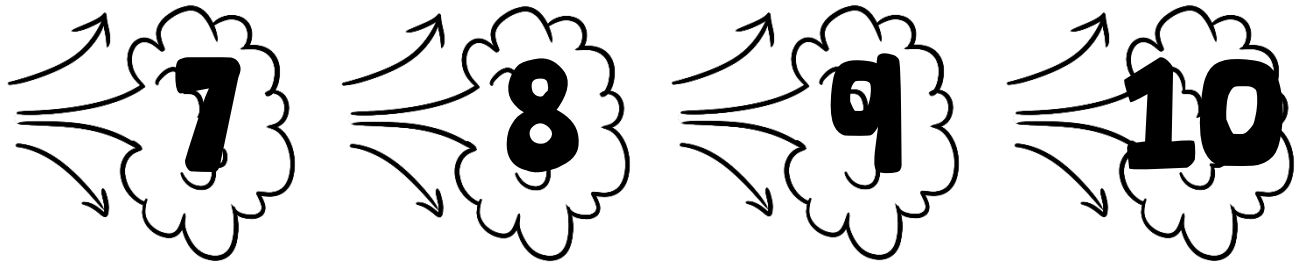
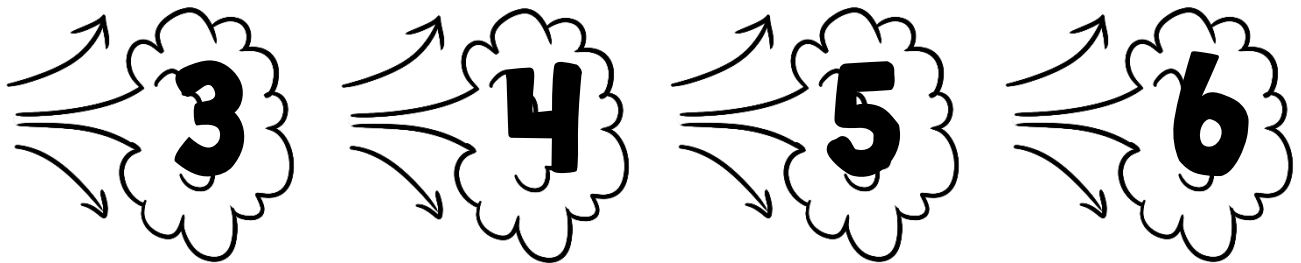
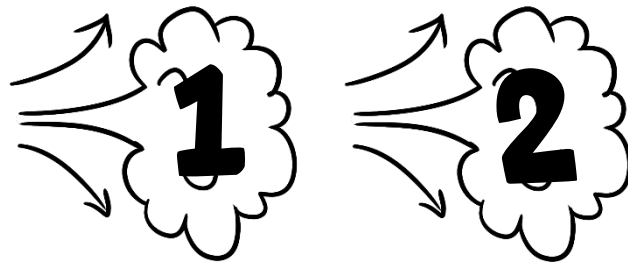
- PLACE YOUR FINGER IN THE MIDDLE OF THE LAZY 8.
- BREATHE IN AS YOU FOLLOW THE ARROWS TO THE LEFT.
- BREATHE OUT AS YOU FOLLOW THE ARROWS TO THE RIGHT.

TUMBLE DRY BREATHING



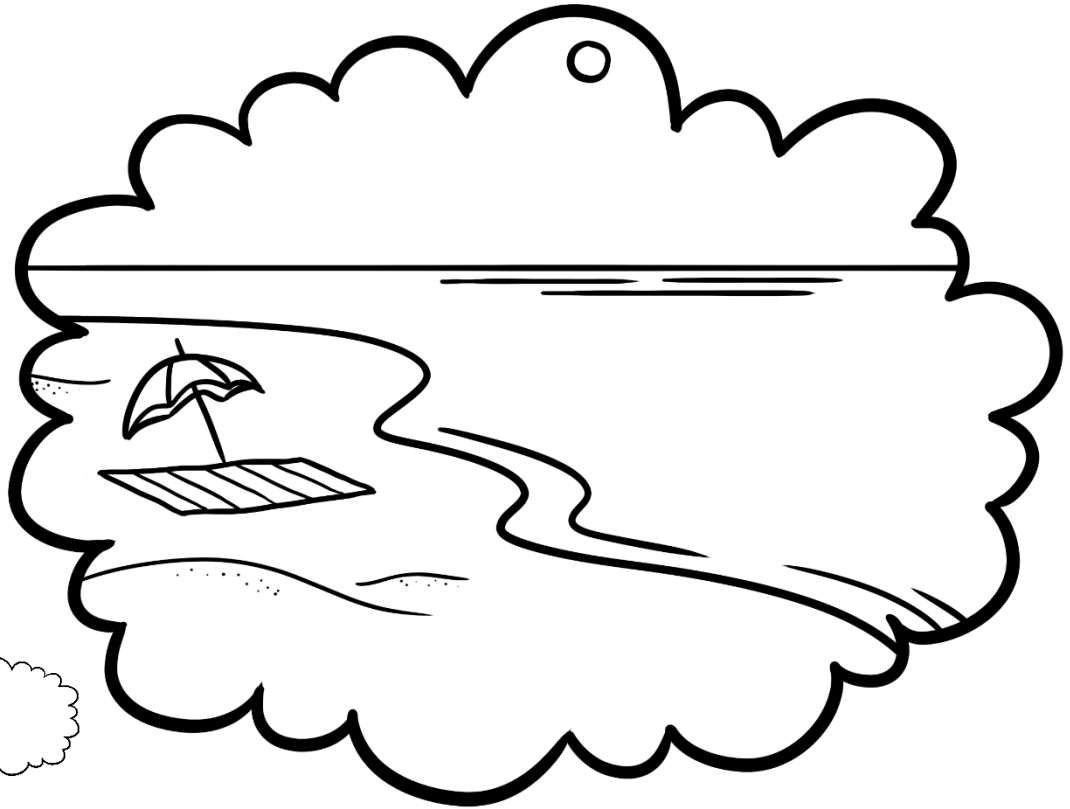
- POINT YOUR INDEX FINGERS TOWARDS EACH OTHER.
- TAKE A DEEP BREATH IN.
- BREATHE OUT AS YOU BLOW ON YOUR FINGERS, SPINNING THEM AROUND EACH OTHER LIKE A DRYER.

COUNTING BREATHS



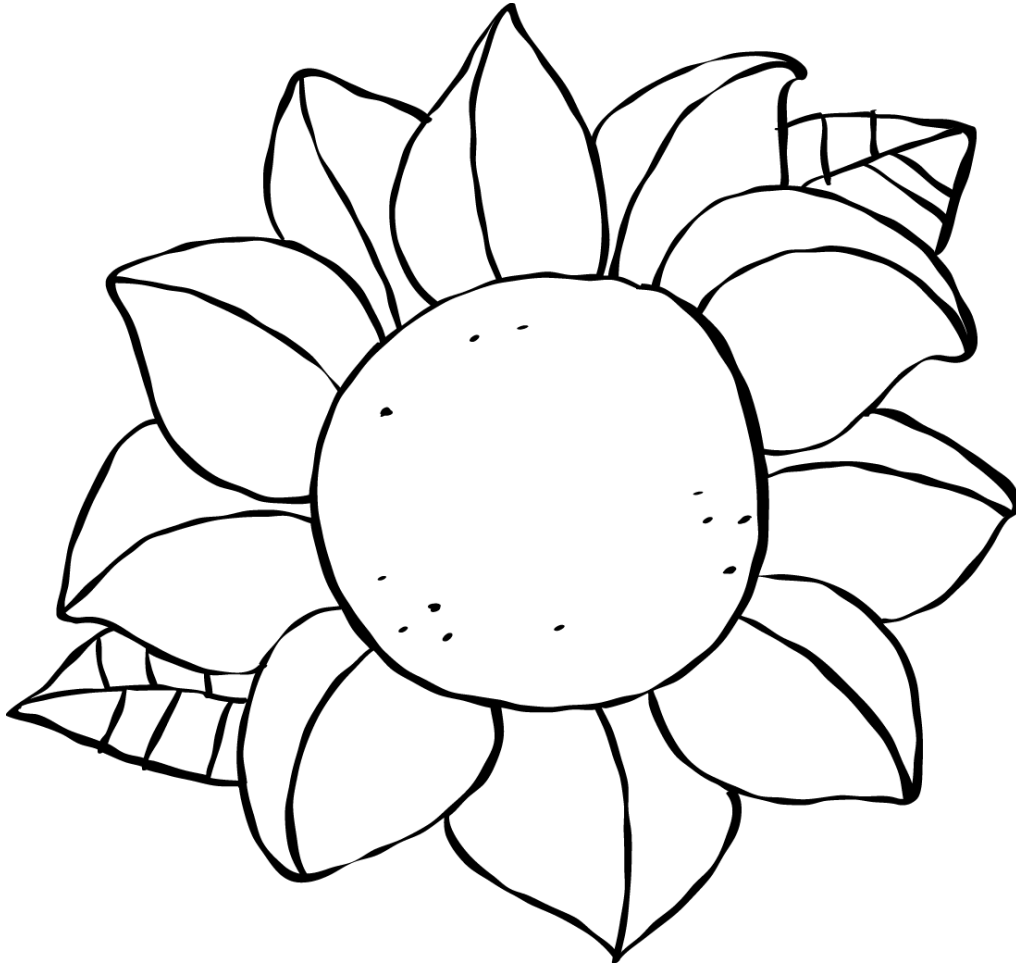
- TAKE A DEEP BREATH IN.
- EXHALE A DEEP BREATH OUT.
- COUNT YOUR BREATHS UNTIL YOU REACH 10.

BEACH BREATHING



- ◎ IMAGINE YOU ARE STANDING ON THE BEACH.
- ◎ AS YOU INHALE, IMAGINE YOU ARE DRAWING A WAVE UP TO THE SAND.
- ◎ AS YOU EXHALE, IMAGINE THE WATER RECEDING BACK INTO THE OCEAN.

FLOWER BREATHING



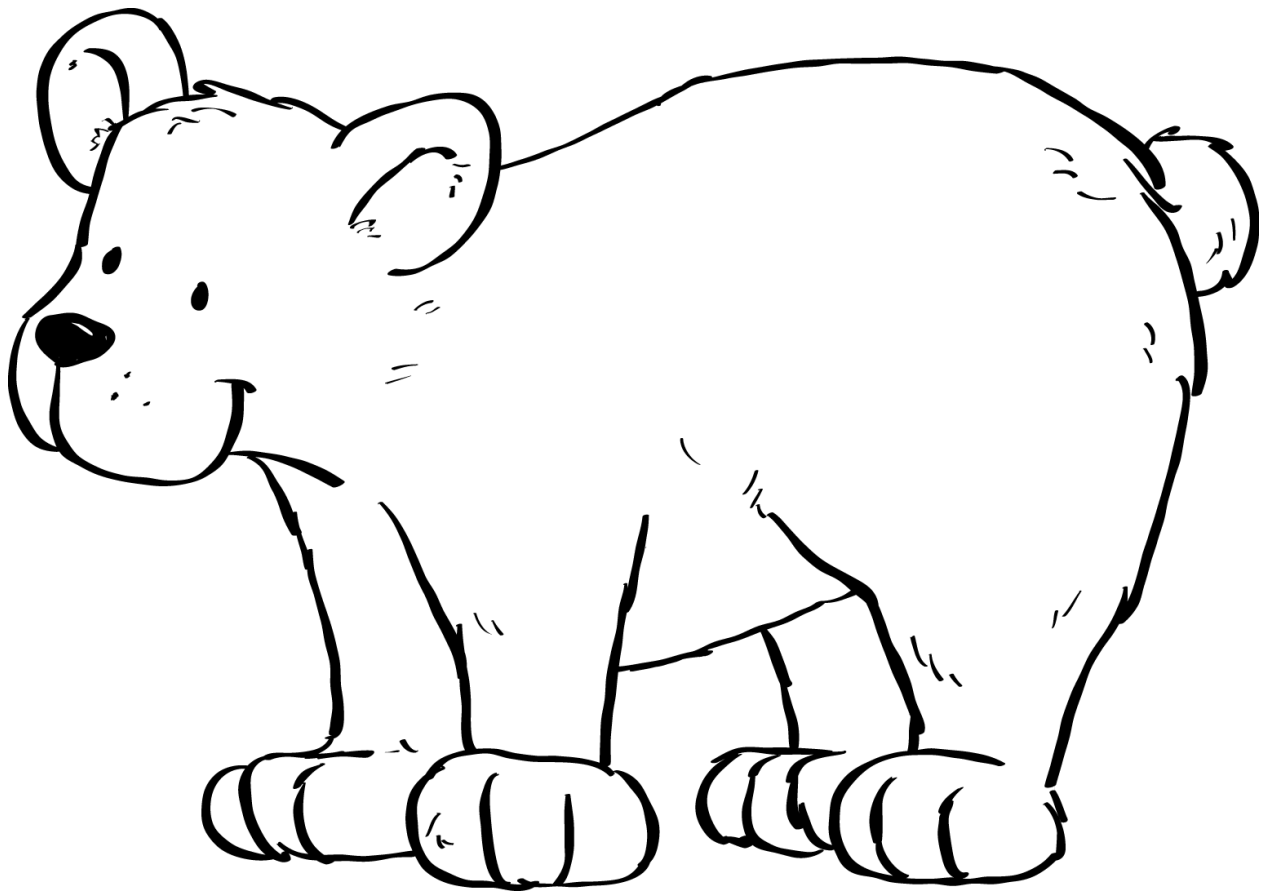
- **IMAGINE SMELLING A FLOWER.**
- **TAKE A DEEP BREATH IN AND HOLD IT.**
- **LET YOUR BREATH OUT AND REPEAT 3 TIMES.**

CUPCAKE BREATHING



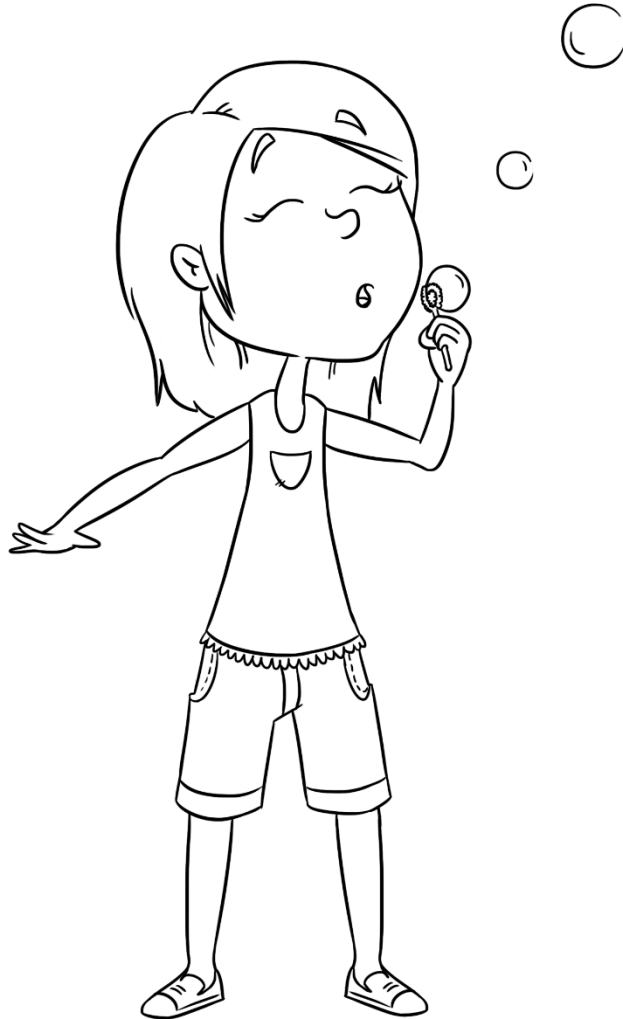
- IMAGINE YOU ARE HOLDING A CUPCAKE.
- TAKE A DEEP BREATH IN AND SMELL THE FROSTING.
- SLOWLY BLOW OUT THE CANDLE.

POLAR BEAR BREATHING



- ◎ IMAGINE YOU ARE A POLAR BEAR.
- ◎ TAKE A BIG BREATH IN THROUGH YOUR NOSE. HOLD IT.
- ◎ BREATHE OUT THROUGH YOUR NOSE.

BUBBLE BREATHING



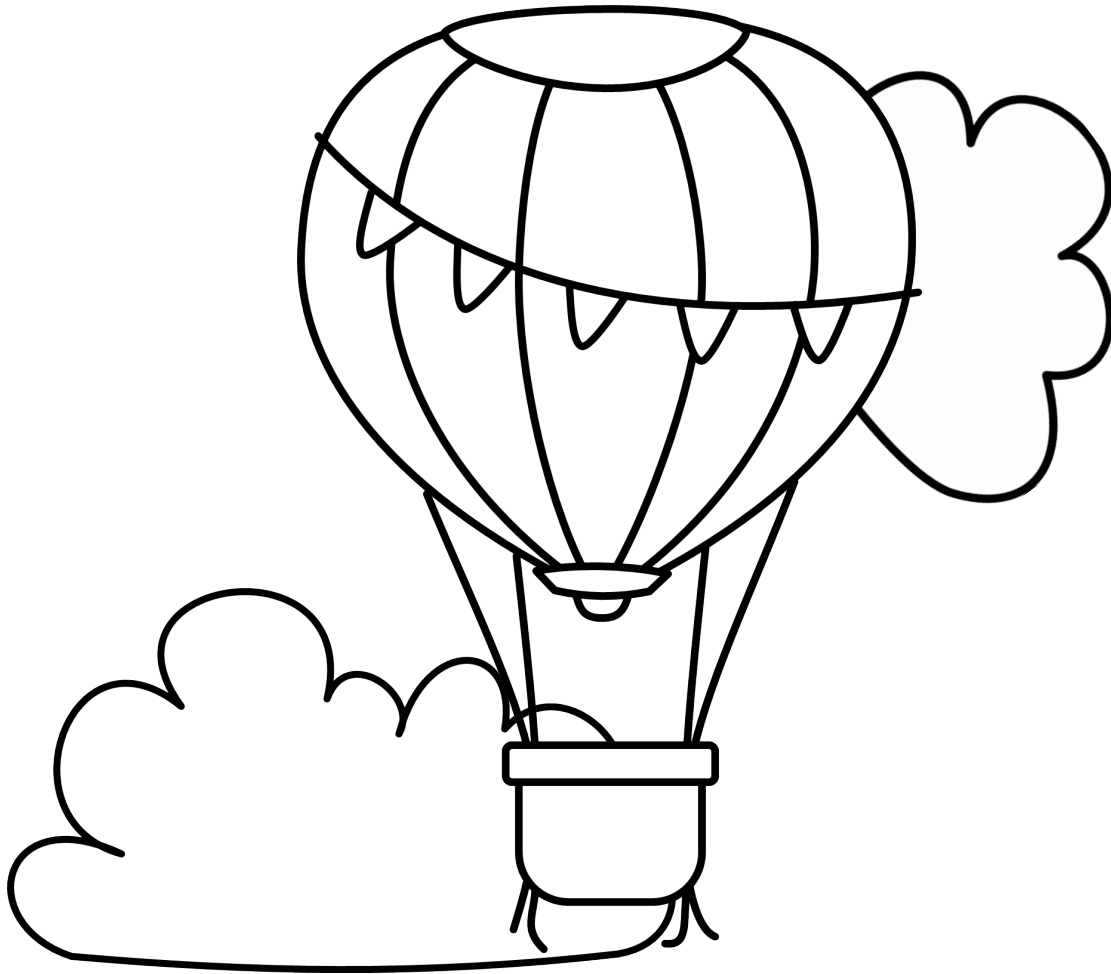
- ◎ IMAGINE YOU ARE BLOWING BUBBLES.
- ◎ TAKE A DEEP BREATH IN.
- ◎ SLOWLY BLOW OUT BREATHE OUT TO BLOW THE BIGGEST BUBBLE YOU CAN.

ICE CREAM BREATHING



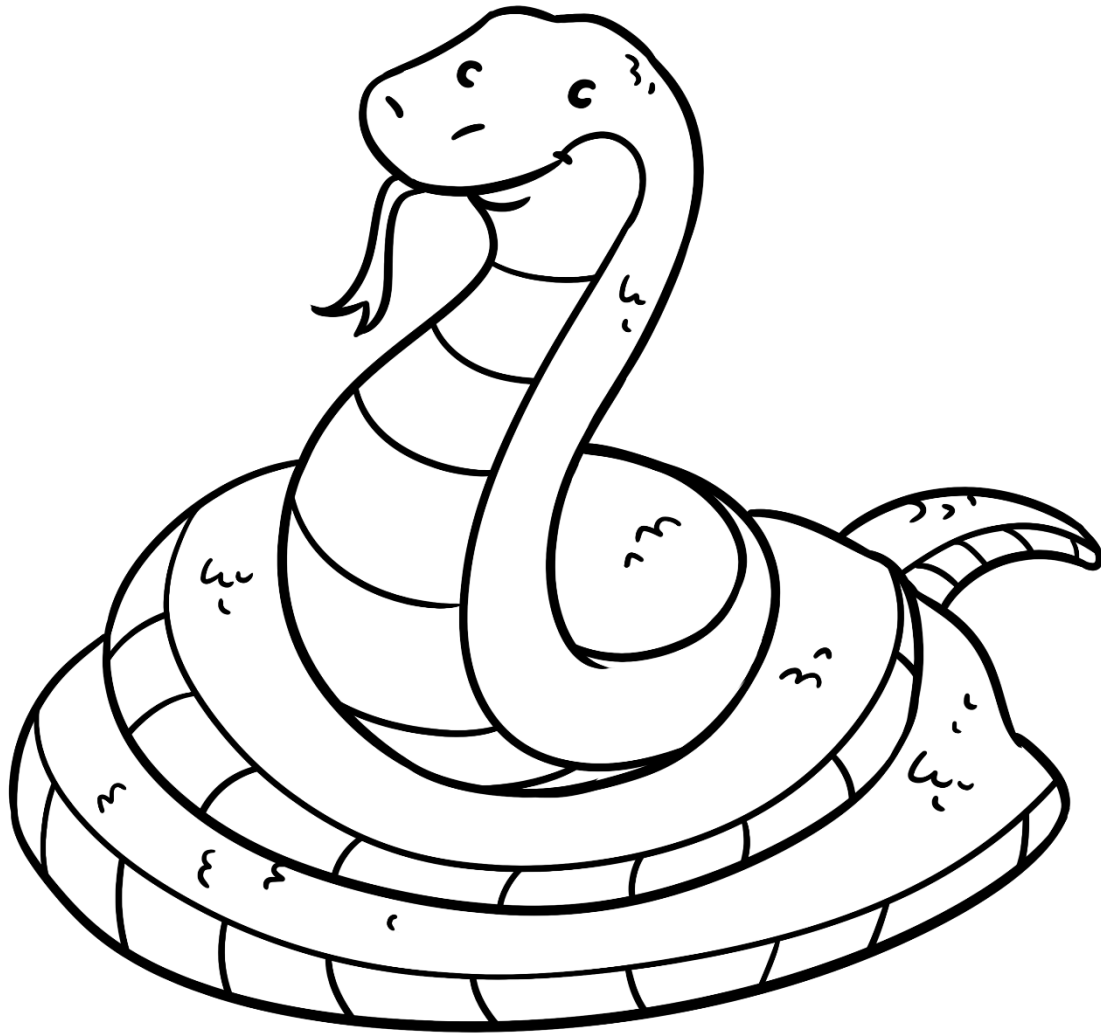
- ◎ PLACE YOUR FINGER ON THE TOP ICE CREAM SCOOP.
- ◎ TAKE A DEEP BREATH IN AND SLOWLY RELEASE IT
- ◎ CONTINUE TAKES BREATHS FOR EVERY SCOOP..

HOT AIR BALLOONS



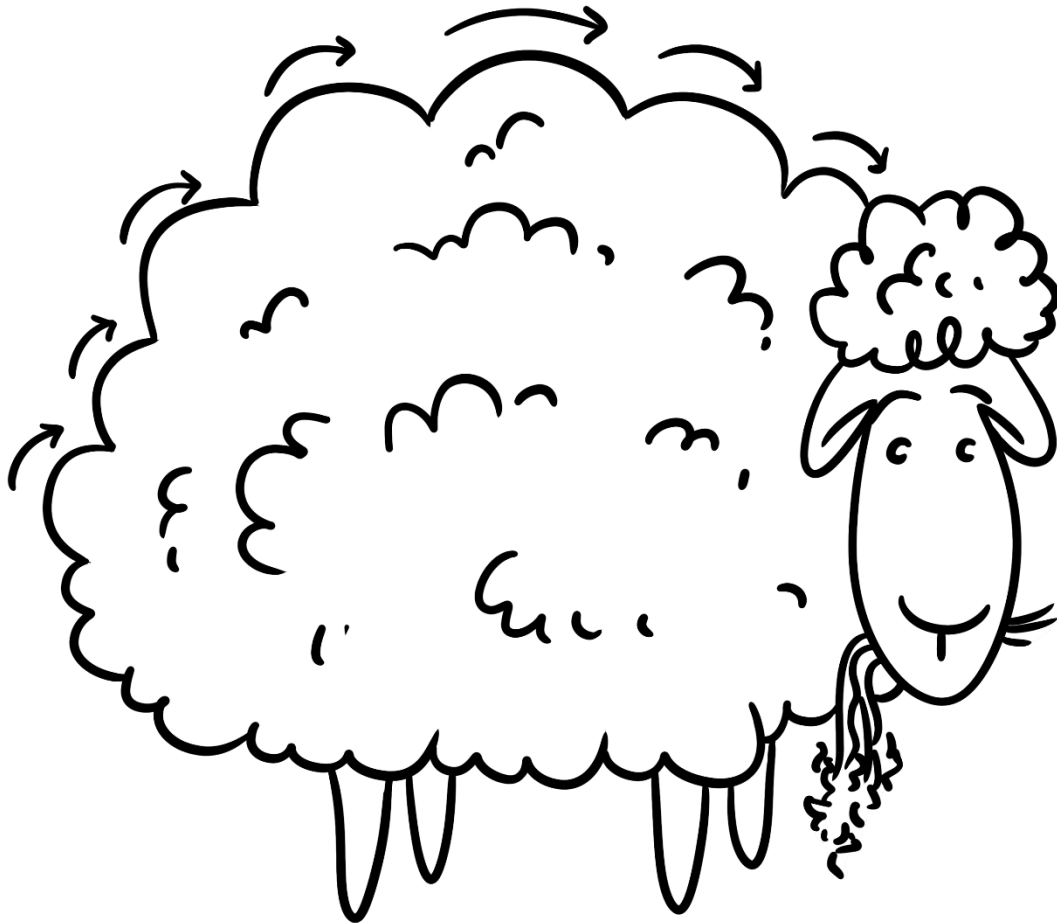
- ◎ PRETEND YOU ARE BLOWING UP A BIG BALLOON.
- ◎ TAKE A DEEP BREATH IN AND SLOWLY START TO EXHALE TO BLOW UP THE BALLOON.

SNAKE BREATH



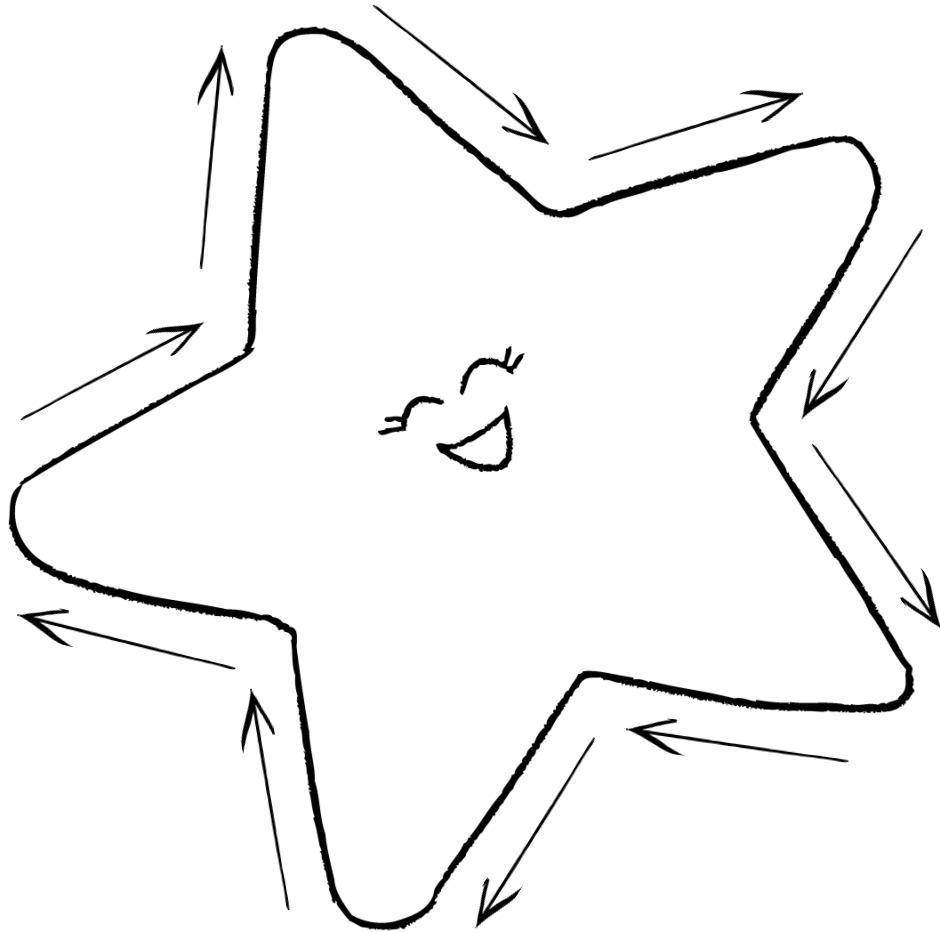
- IMAGINE YOU ARE A SNAKE.
- TAKE A DEEP BREATH IN AND THEN LET IT OUT WITH A BIG HISS.

SHEEP BREATHING



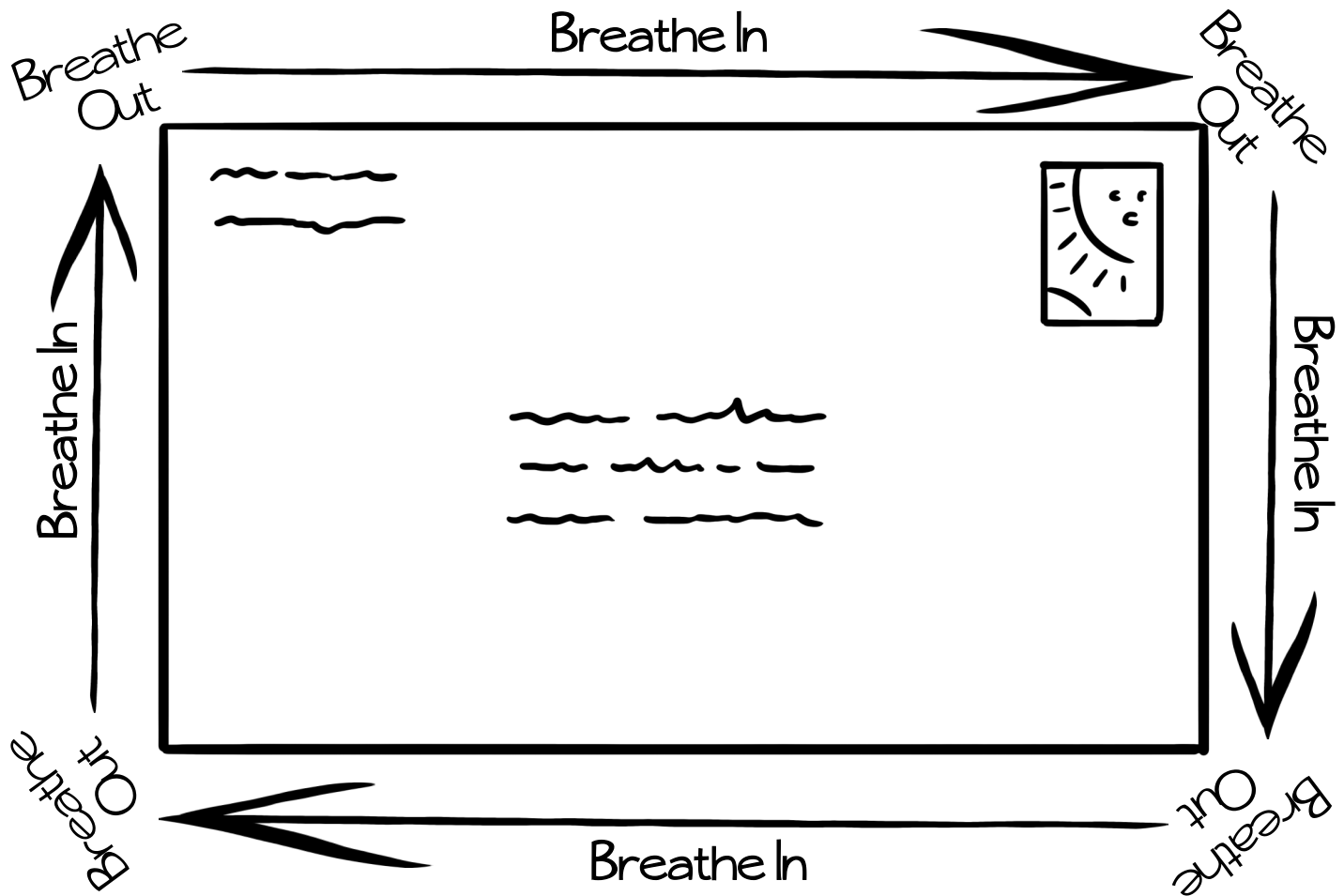
- **TRACE THE BUMPS ON THE SHEEP'S BACK.**
- **BREATH IN AS YOU TRACE EACH BUMP.**
- **BREATH OUT AFTER YOU FINISH TRACING EACH BUMP.**

STAR BREATHING



- TRACE THE STAR.
- BREATHE IN AS YOU TRACE EACH SIDE.
- BREATHE OUT WHEN YOU REACH CORNER.

POST BREATHING



- **TRACE THE ENVELOPE.**
- **BREATHE IN AS YOU TRACE EACH SIDE.**
- **BREATHE OUT WHEN YOU REACH CORNER.**