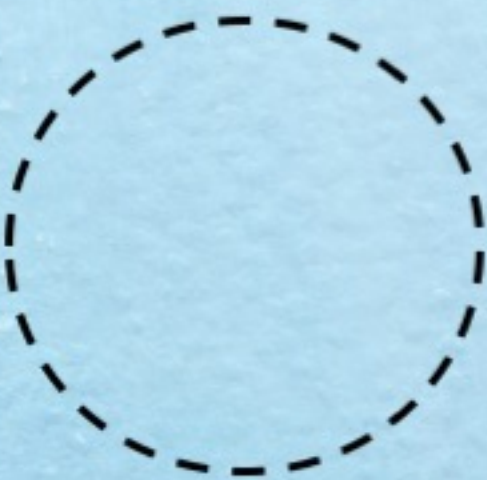


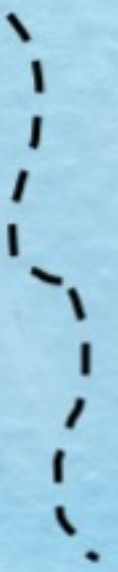


# BALLOON BREATHING

How to do  
**BALLOON BREATHING:**



**INHALE** as you trace your finger around the balloon, filling your lungs like a **BALLOON**.



**EXHALE** as you trace your finger down the string, letting your thoughts **FLOAT** away.

**REPEAT.**



# RAIN BREATHING

How to do  
**RAIN BREATHING:**



**INHALE** as you trace your finger around the cloud, filling your lungs like a **FULL RAIN CLOUD**.



**EXHALE** as you pitter patter your finger down with the rain drops, letting your thoughts **FALL** away.

**REPEAT.**



# SWEET TREAT BREATHING



How to do  
**SWEET TREAT BREATHING:**



**INHALE** as if you are smelling some delicious cookies fresh from the oven, filling your lungs with the **SWEET SMELL**.

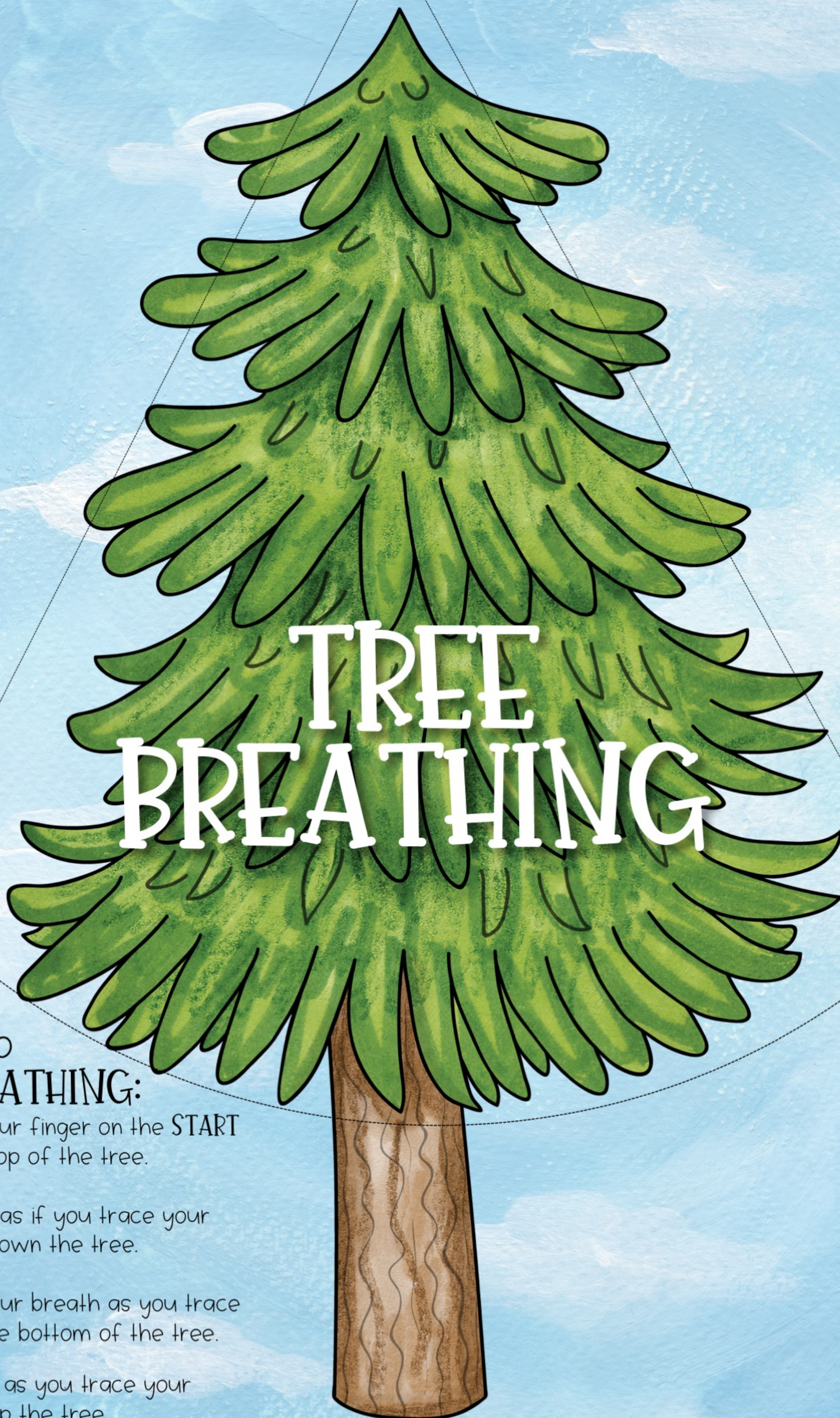


**EXHALE** as if you are blowing on the steam from a hot cider, watching the steam **SCATTER** away.

**REPEAT.**



START



# TREE BREATHING

## How to do TREE BREATHING:

Place your finger on the **START** at the top of the tree.

**INHALE** as if you trace your finger down the tree.

**HOLD** your breath as you trace along the bottom of the tree.

**EXHALE** as you trace your finger up the tree.

**REPEAT.**