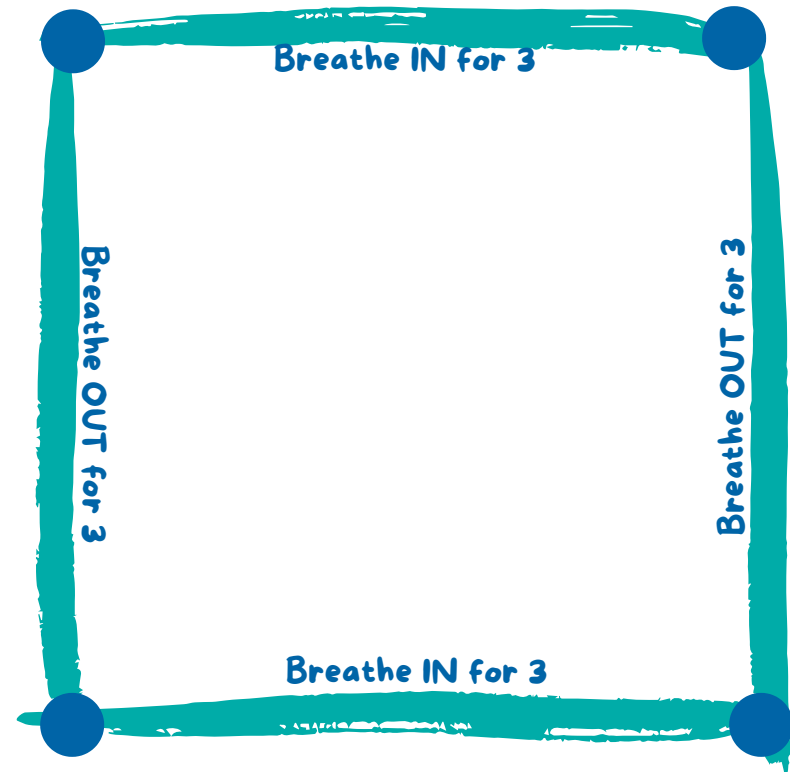


# Rainbow Breathing



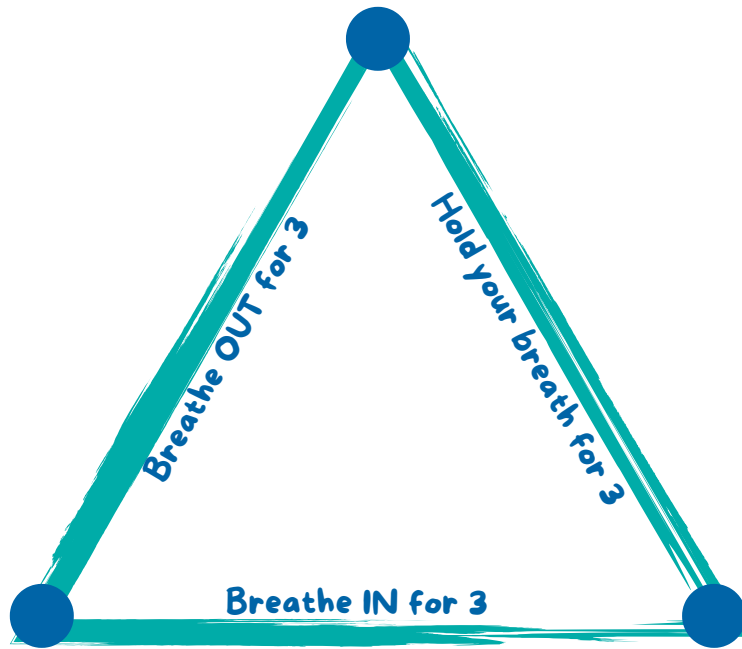
Start at the dot and breathe in.  
Use your finger to trace each colour.  
When you reach the end, breathe out.  
Keep going until you have followed each line.

# Square Breathing



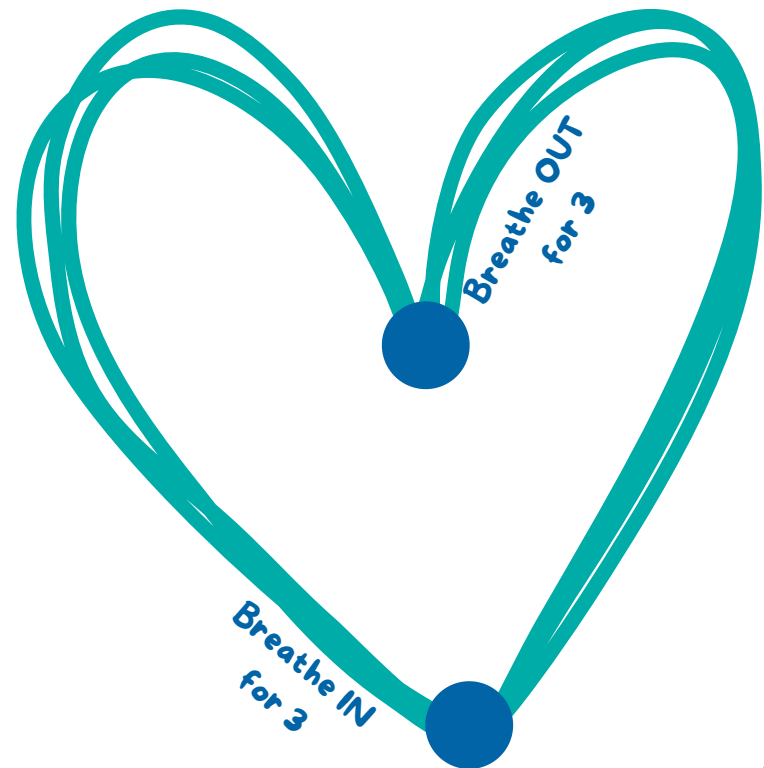
Start on a dot and work  
your way around the square.

# Triangle Breathing



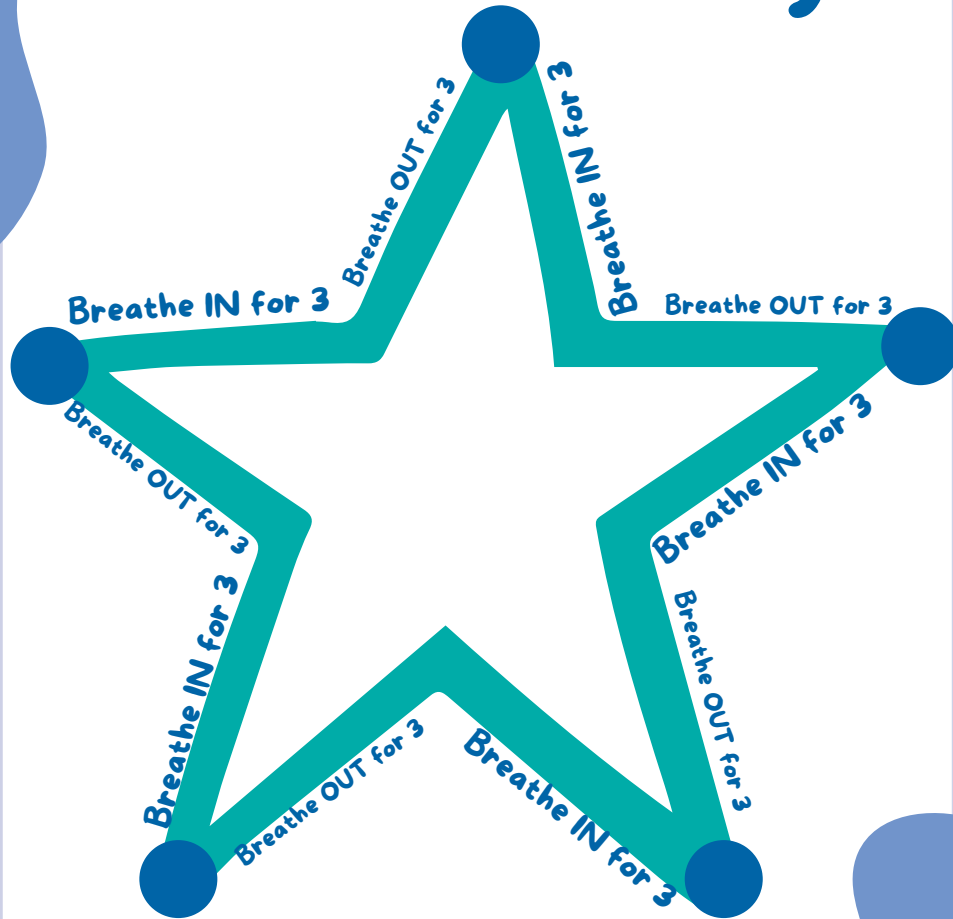
Start on a dot and work your way around the triangle.

# Heart Breathing



Start on a dot and work your way around the heart.

# Star Breathing



Hold your breath when you touch a dot.

# Take 5 Breathing



Hold your hand out like a star  
Trace your fingers using your other hand  
When you move up the side of your finger,  
breathe in  
When you get to your finger tip, breathe out.