

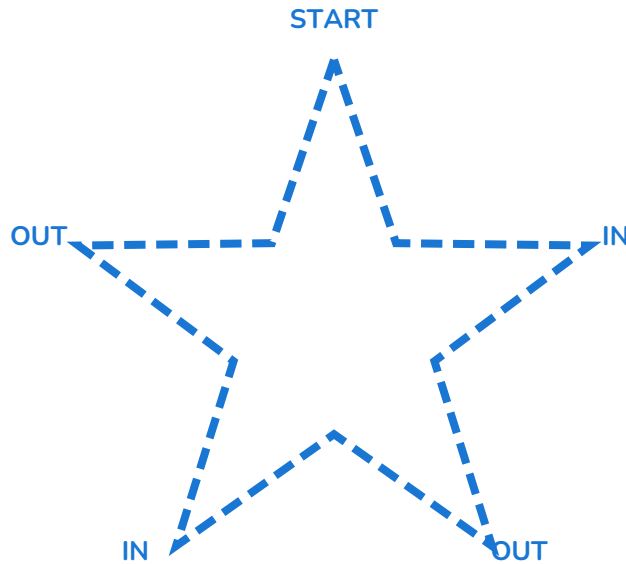
# Calm-Down Breathing

Trace the path with your finger while breathing slowly!

Use your finger to trace each shape. Breathe in on one side, breathe out on the other!

## Star Breathing

Trace the star. Breathe IN going up, breathe OUT going down.



## Square Breathing

Trace the square slowly, 4 seconds on each side.

