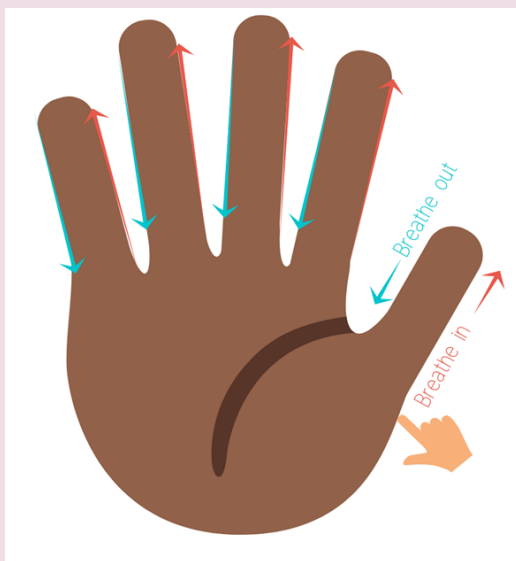


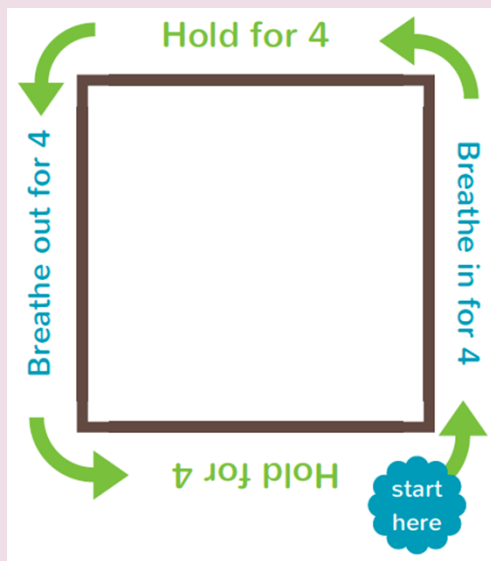
# Take a breath

Keep in mind: "Slow and Steady"

Take 5 or 5-Finger Breathing



Square Breath or 4X4

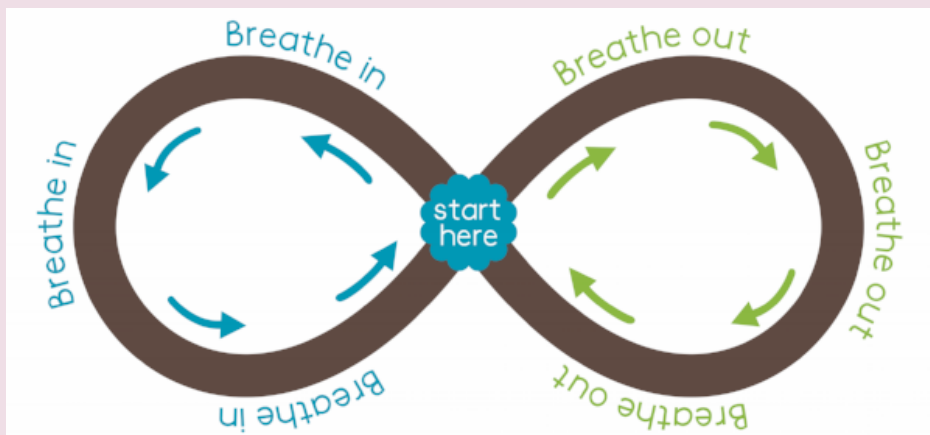


Variations of "smell" and blow:

- 1) Hold the item (flower, hot cocoa, cupcake, etc)
- 2) "Smell" inhale through nose
- 3) Blow (petals, steam, candles, etc)



Lazy 8 Breathing



Accordion

- 1) Hold invisible "accordion" in hands
- 2) Inhale and stretch "accordion"
- 3) Exhale and squeeze "accordion"

