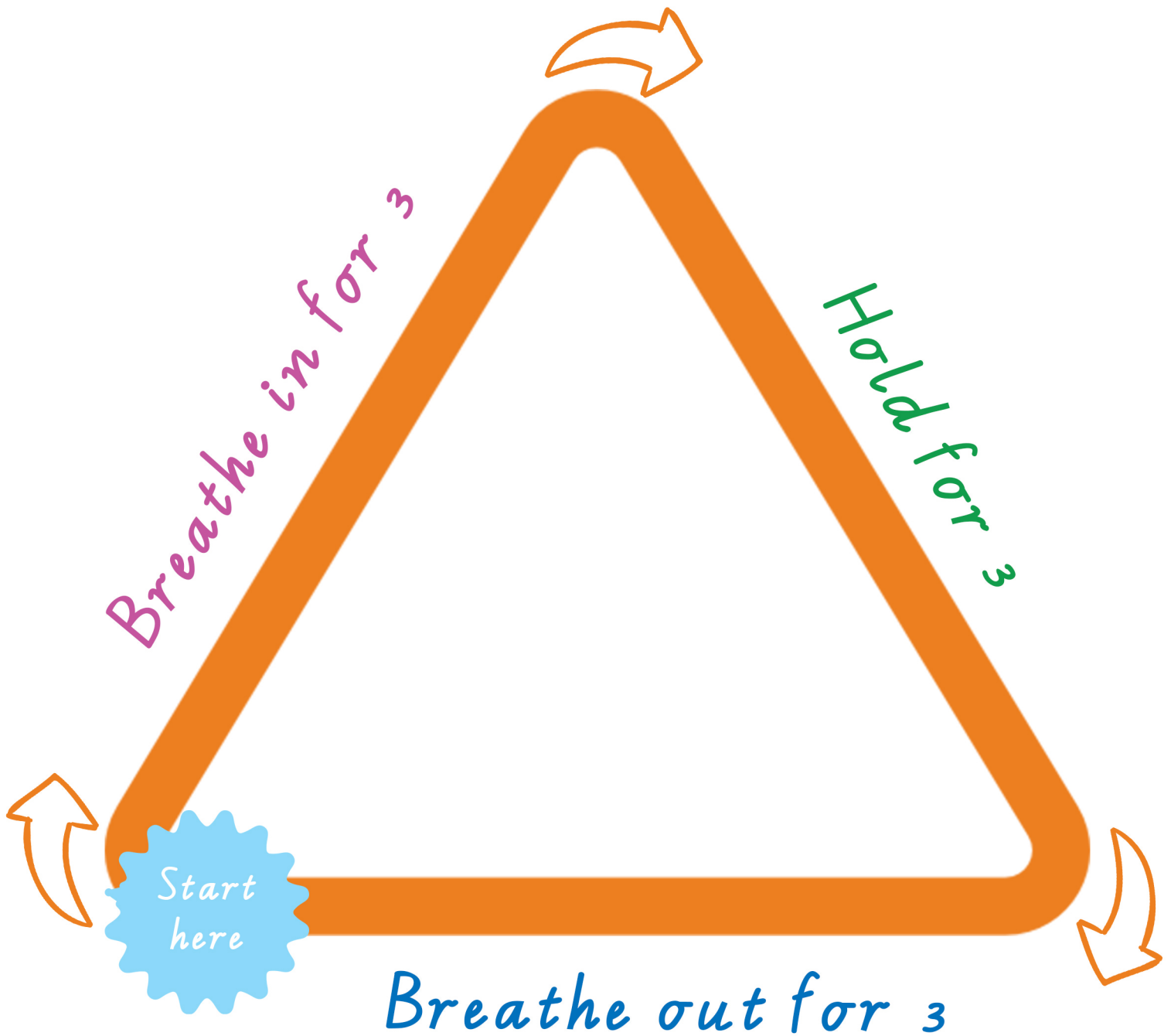


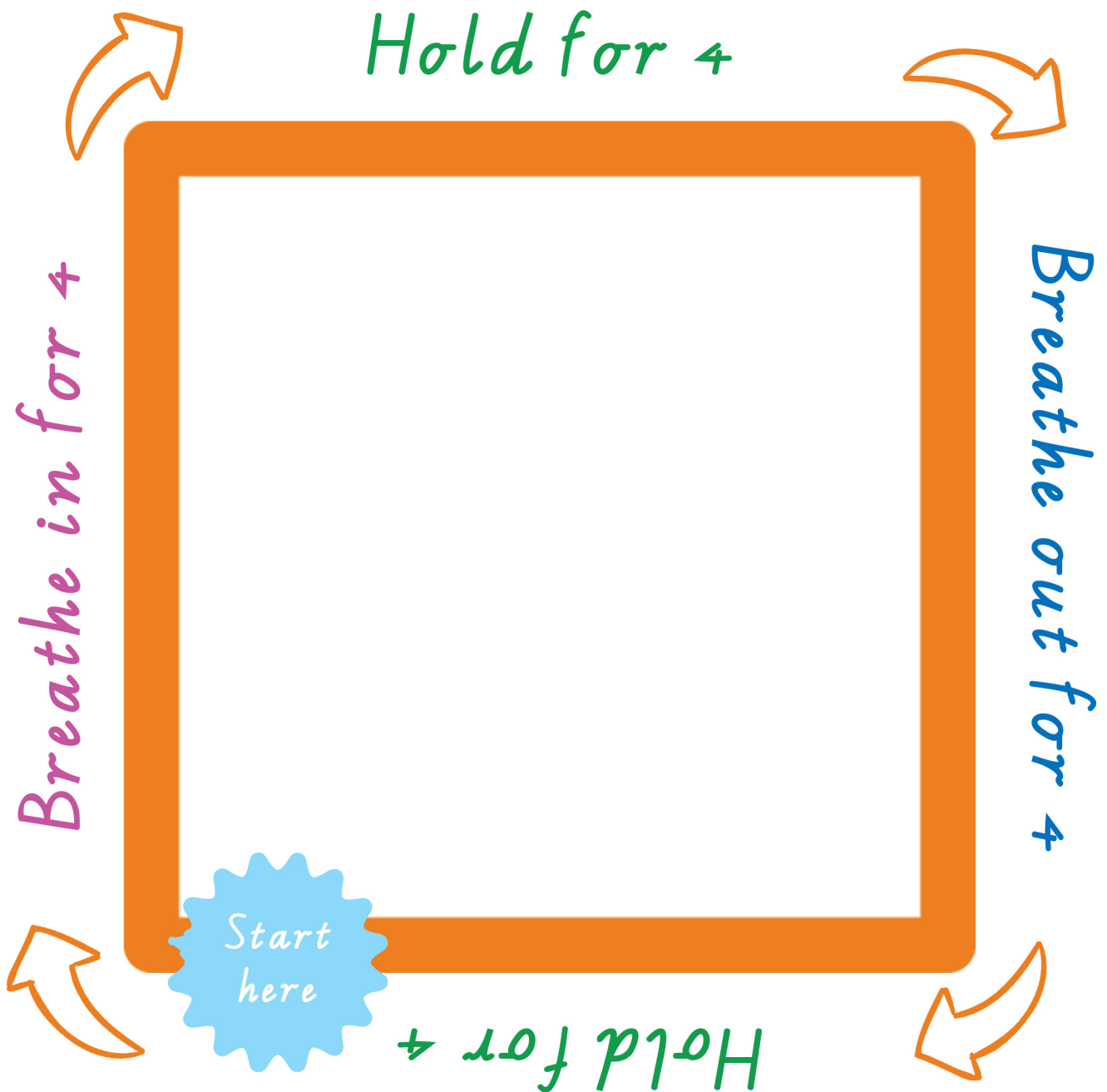
Triangle Breathing

Start at the bottom left of the triangle and follow the arrows around the whole triangle to complete one breath.



Square Breathing

Start at the bottom left of the square and follow the arrows around the whole square to complete one breath.



Star Breathing

Trace the star shape with your finger.
Alternate breathing in and out as you trace the shape.

