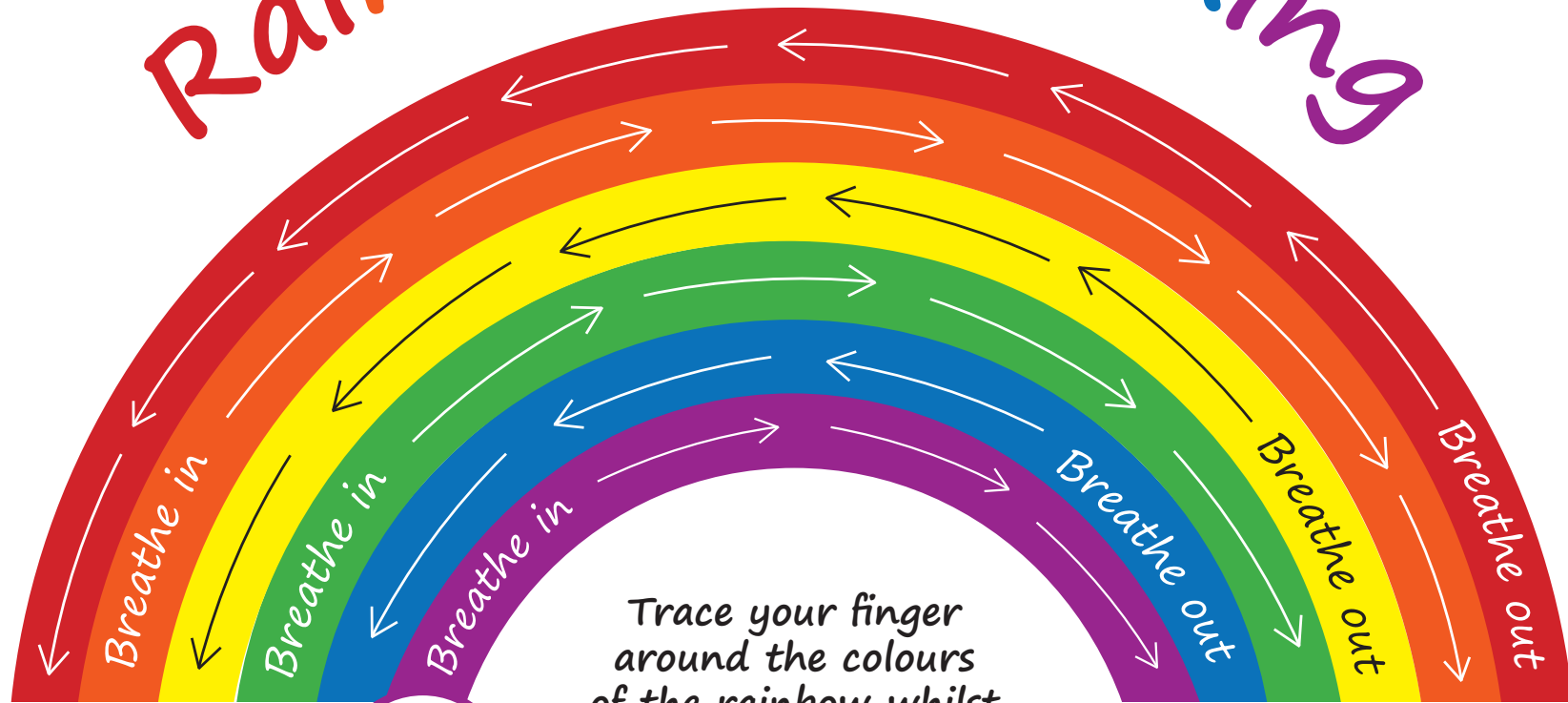


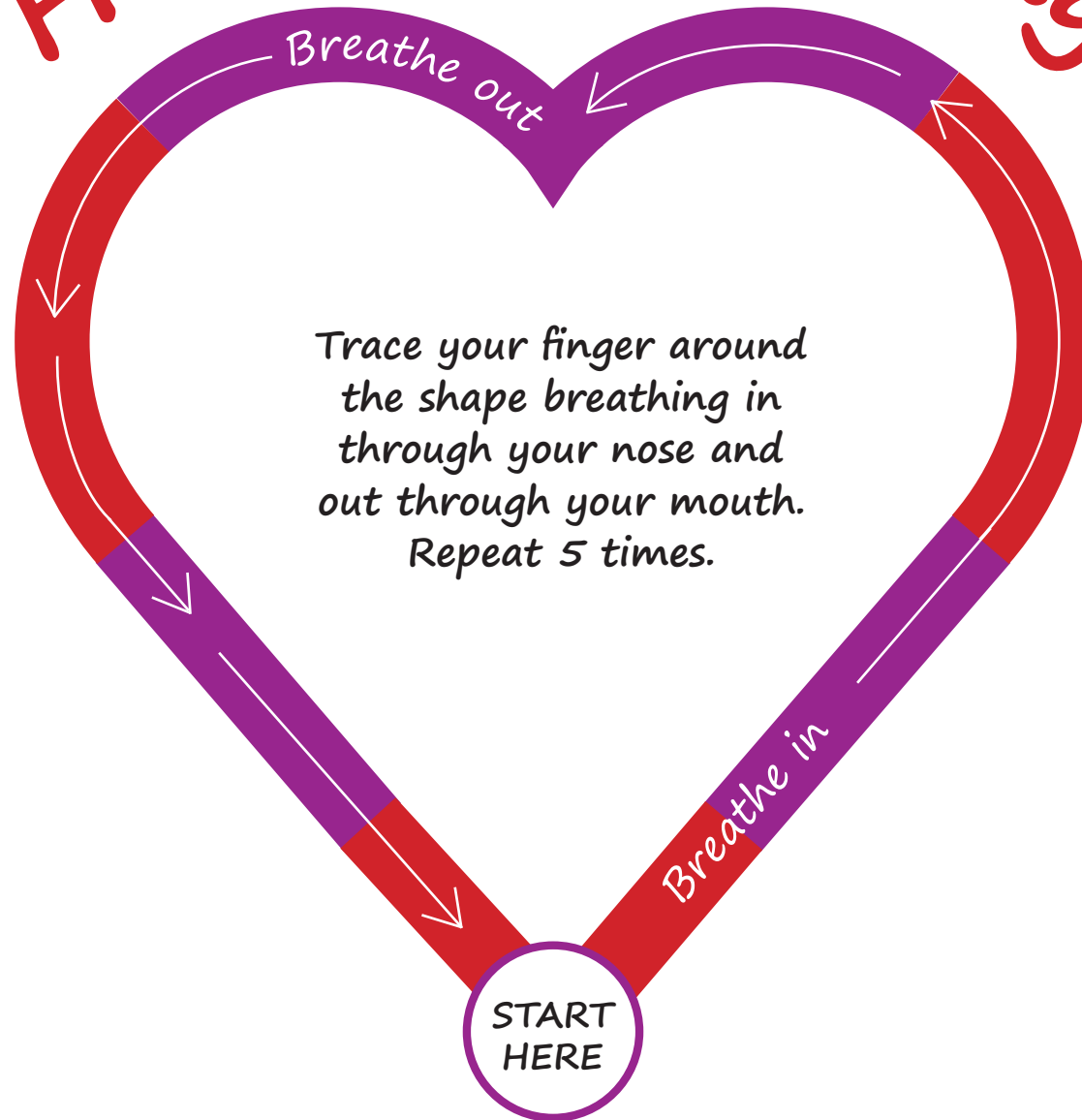
# Rainbow Breathing



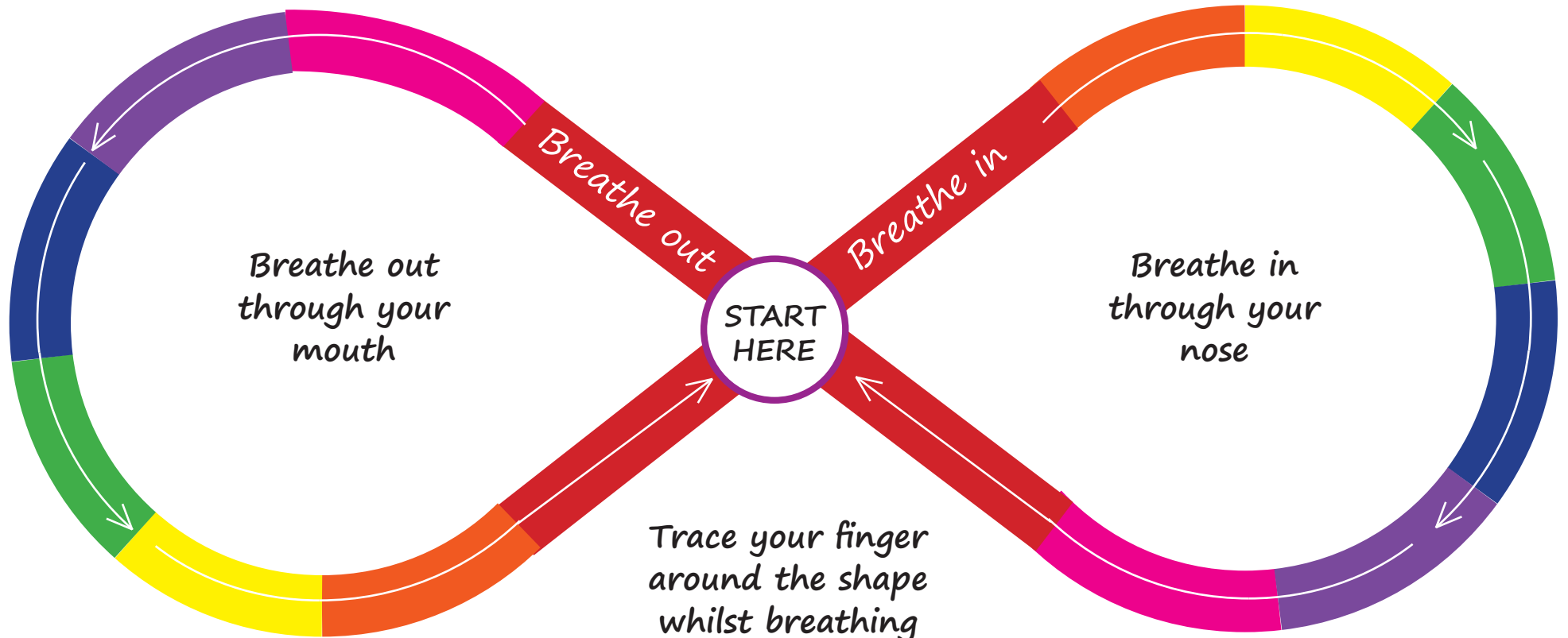
Trace your finger around the colours of the rainbow whilst breathing in through your nose and out through your mouth.



# Heart Breathing



# Infinity Breathing



Breathe out  
through your  
mouth

Breathe in  
through your  
nose

START  
HERE

Breathe out

Breathe in

Trace your finger  
around the shape  
whilst breathing  
in and out

Repeat 5 times



# Square Breathing

