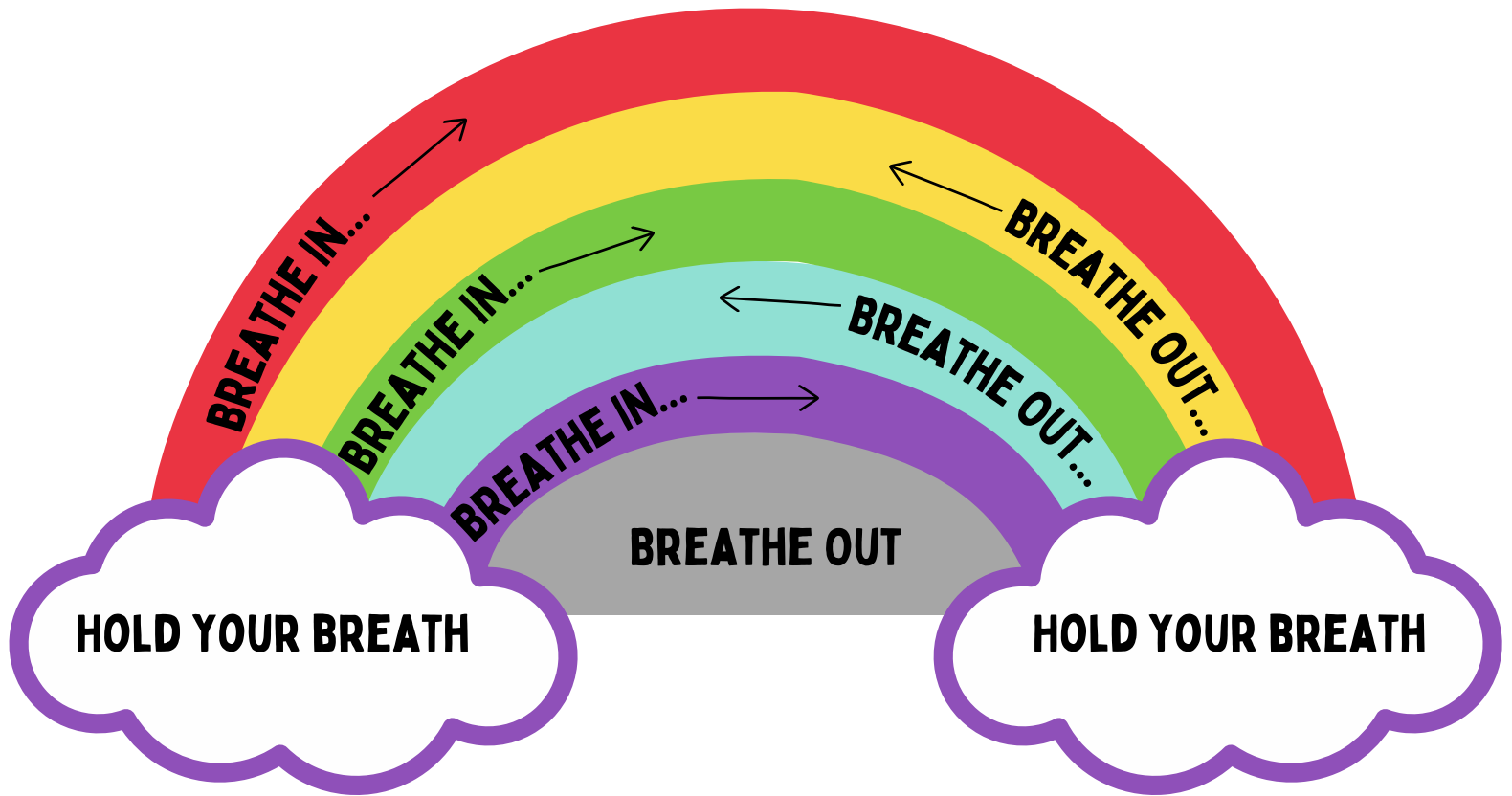


DEEP BREATH RAINBOW



TRACE YOUR FINGER ALONG THE RAINBOW'S COLORS AS YOU BREATHE IN AND OUT.



Smell the flower



Blow the candle

I can feel better by taking
five deep breaths.

1.

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2.

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3.

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4.

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5.

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