



Breathe in for 4 seconds



Hold your breath for 4 seconds



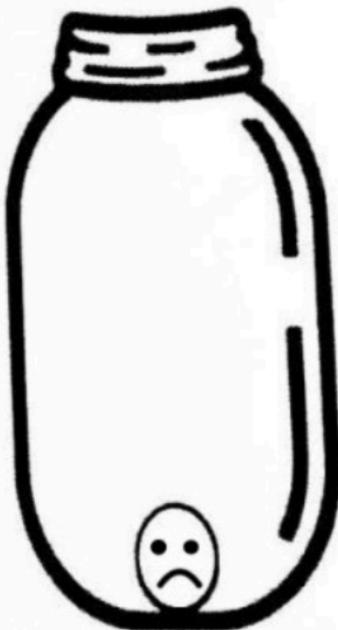
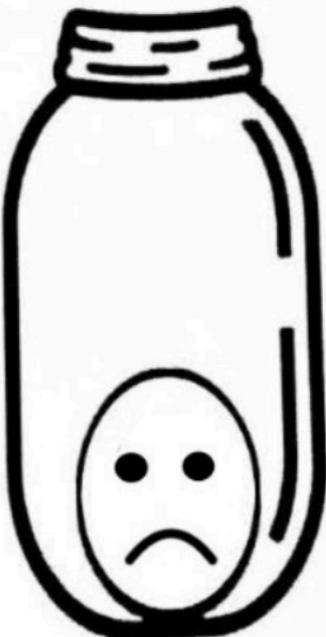
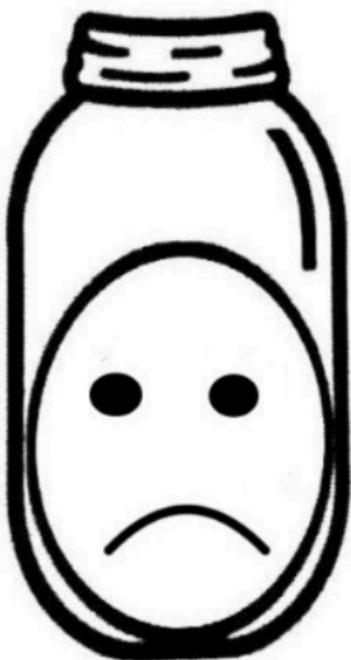
Breathe out for 4 seconds



Hold your breath for 4 seconds

Repeat this as many times as you want!

Some people think that the feelings we don't like get smaller over time.



What really happens is that we grow around the feelings we don't like, creating new ones to go with them!



Name: _____

What feelings do you want to grow around?

Add some new feelings to the jar.

