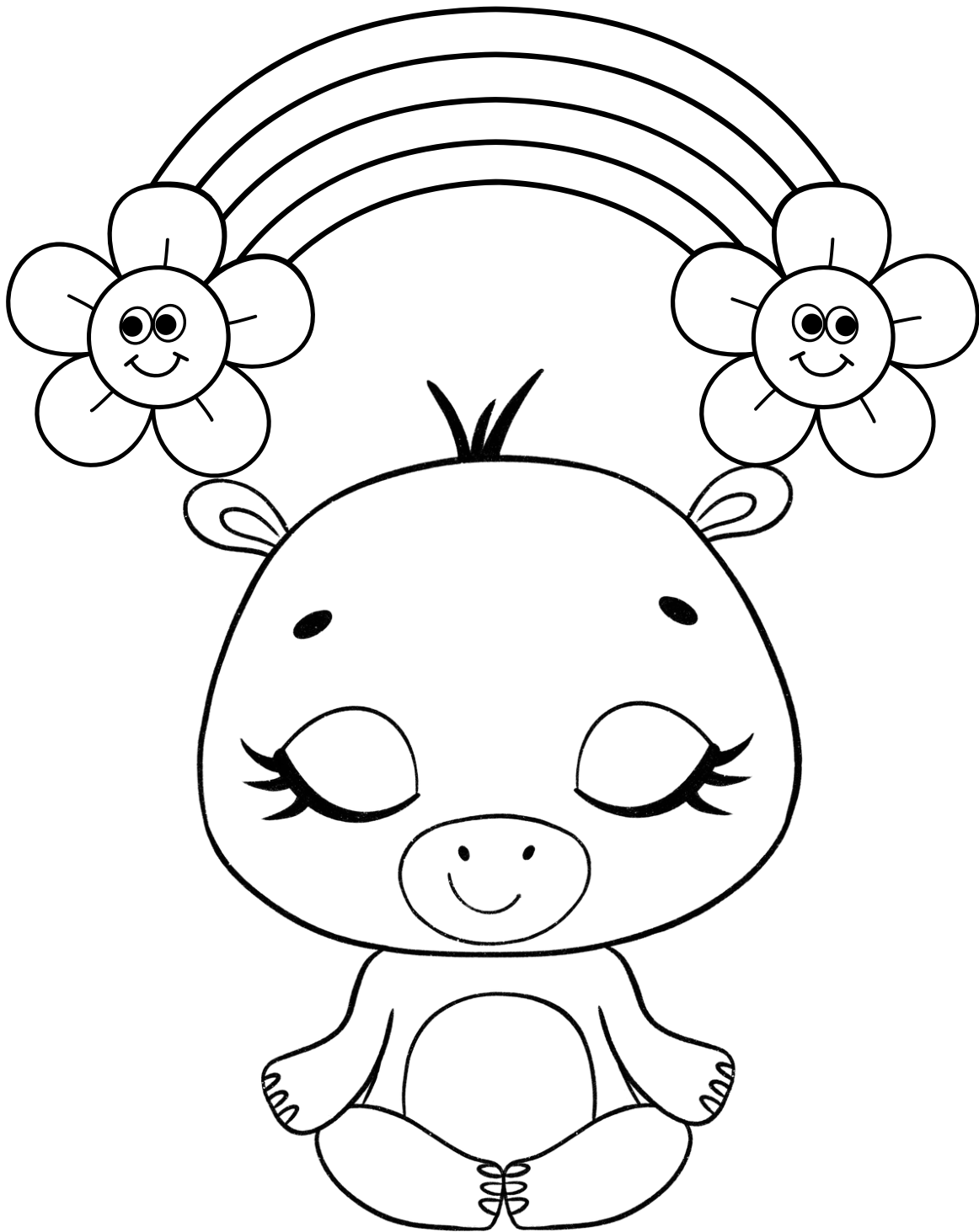


RAINBOW BREATH



RAINBOW BREATH

*rainbow breath is a great
breathing practice for when
we're feeling big emotions*



**IMAGINE EACH COLOR OF THE RAINBOW, BEGINNING
WITH RED**

**INHALE SLOWLY AND DEEPLY, AS YOU IMAGE THE RED
GOING UP INTO THE SKY**

**EXHALE SLOWLY AND DEEPLY, AS YOU IMAGING RED
MOVING DOWN BACK TO EARTH**

REPEAT WITH EACH COLOR OF THE RAINBOW

