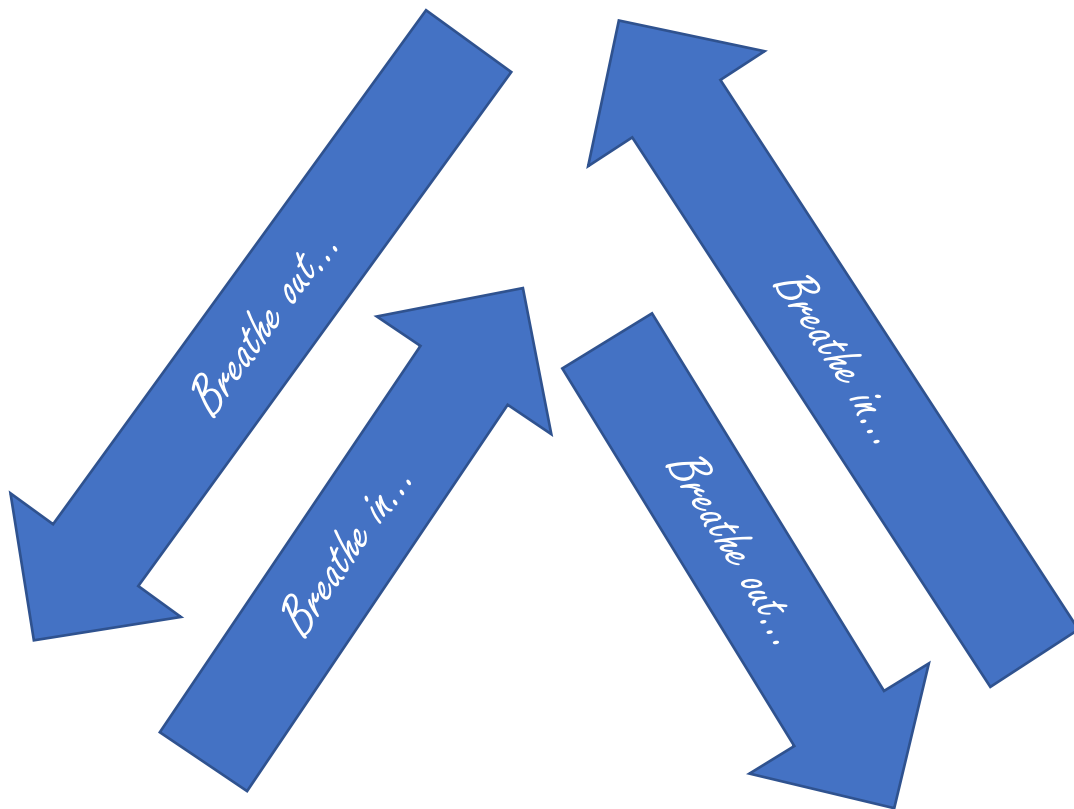




# Breathe Board

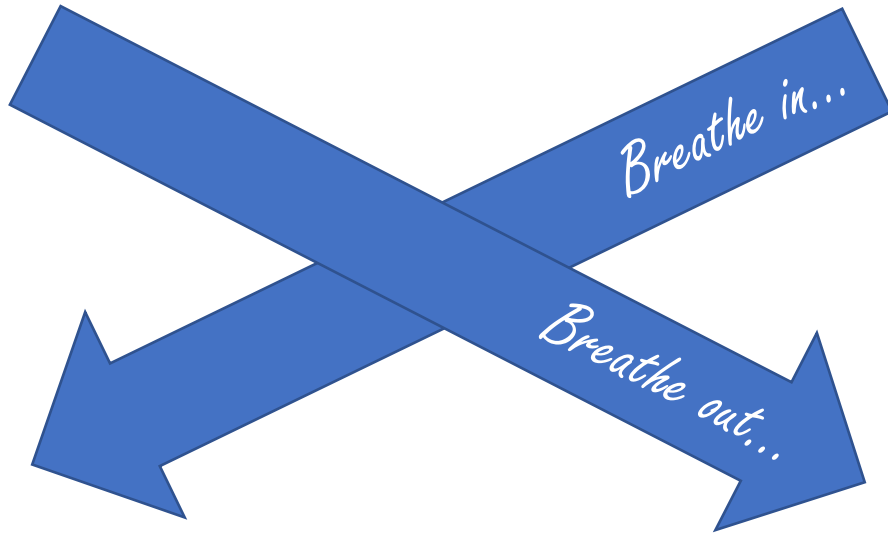
**Practice your breathing by following the arrows with a pointed finger as you breathe in and out**





# *Breathe Board*

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