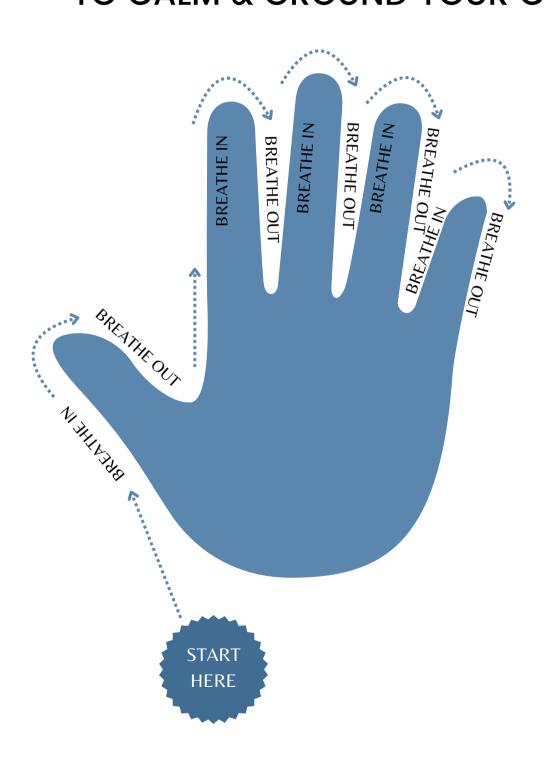
5 Finger Breathing TO CALM & GROUND YOUR CHILD



HOLD 4 SECONDS

INHALE 4 SECONDS

Box Breathing

TO CALM & GROUND YOUR CHILD

HOLD 4 SECONDS

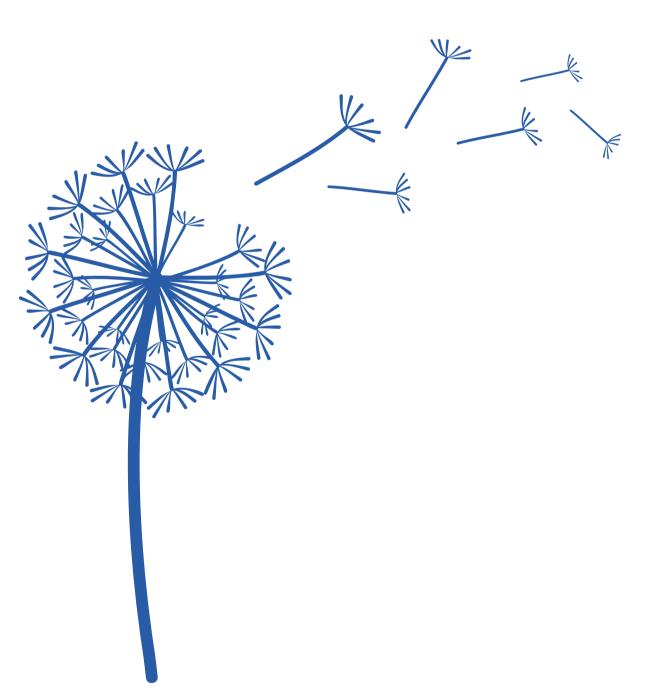
Rainbow Breathing TO CALM & GROUND YOUR CHILD



Birthday Breathing TO CALM & GROUND YOUR CHILD



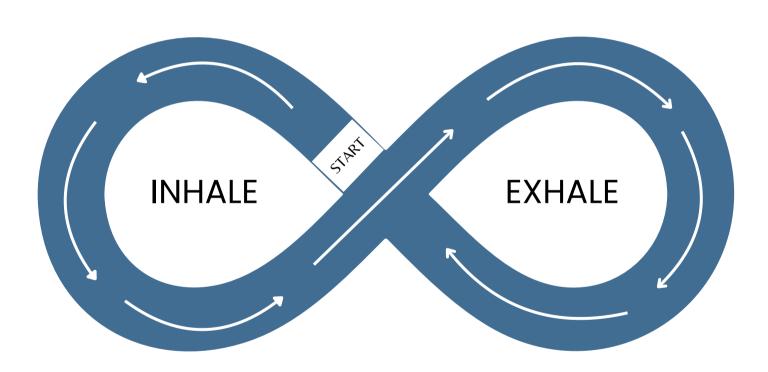
Dandelion Breathing TO CALM & GROUND YOUR CHILD



Bubble Breathing TO CALM & GROUND YOUR CHILD



Figure 8 Breathing to CALM & GROUND YOUR CHILD



Flower Breathing

To calm & ground your child

