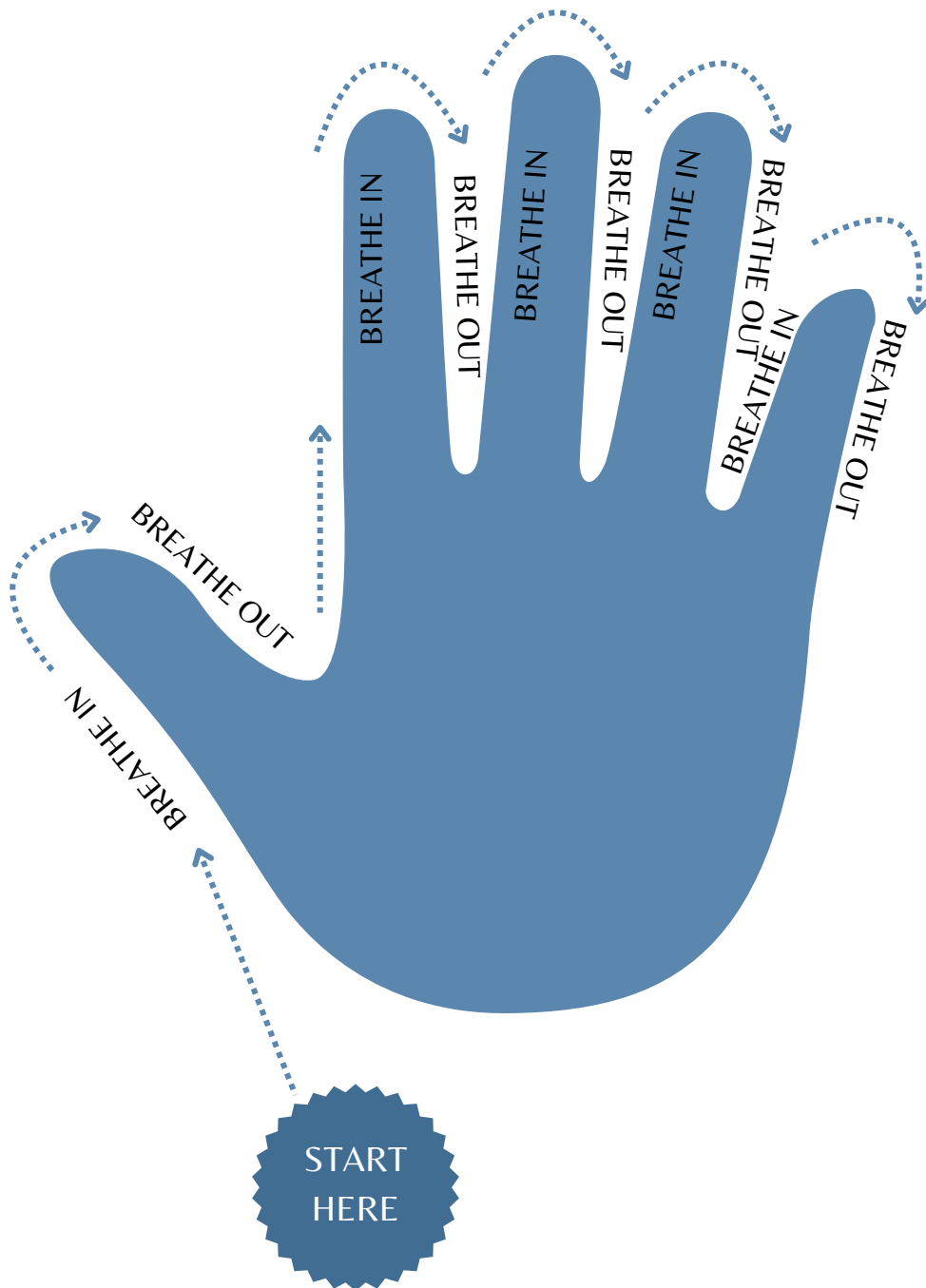
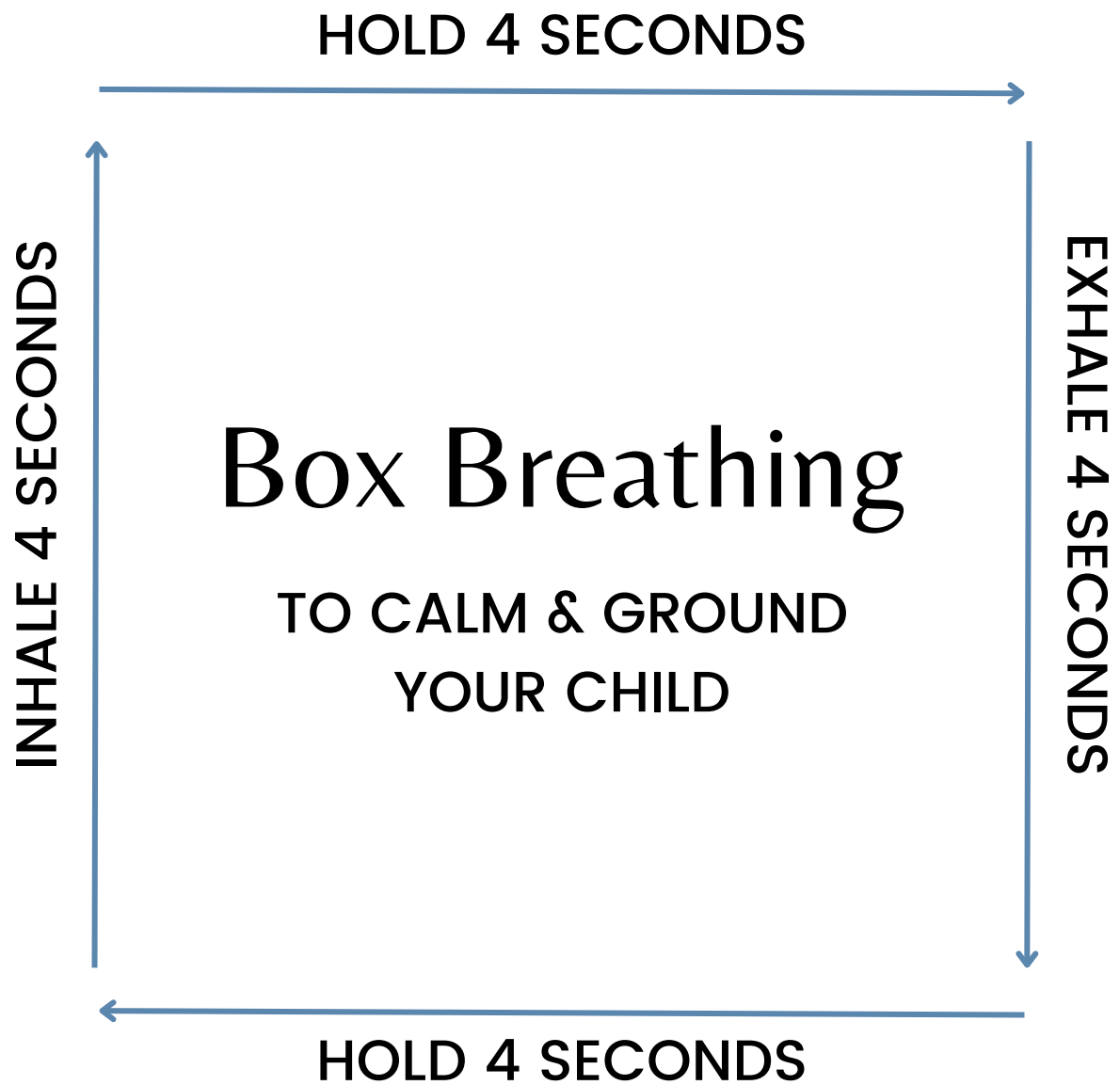


# 5 Finger Breathing

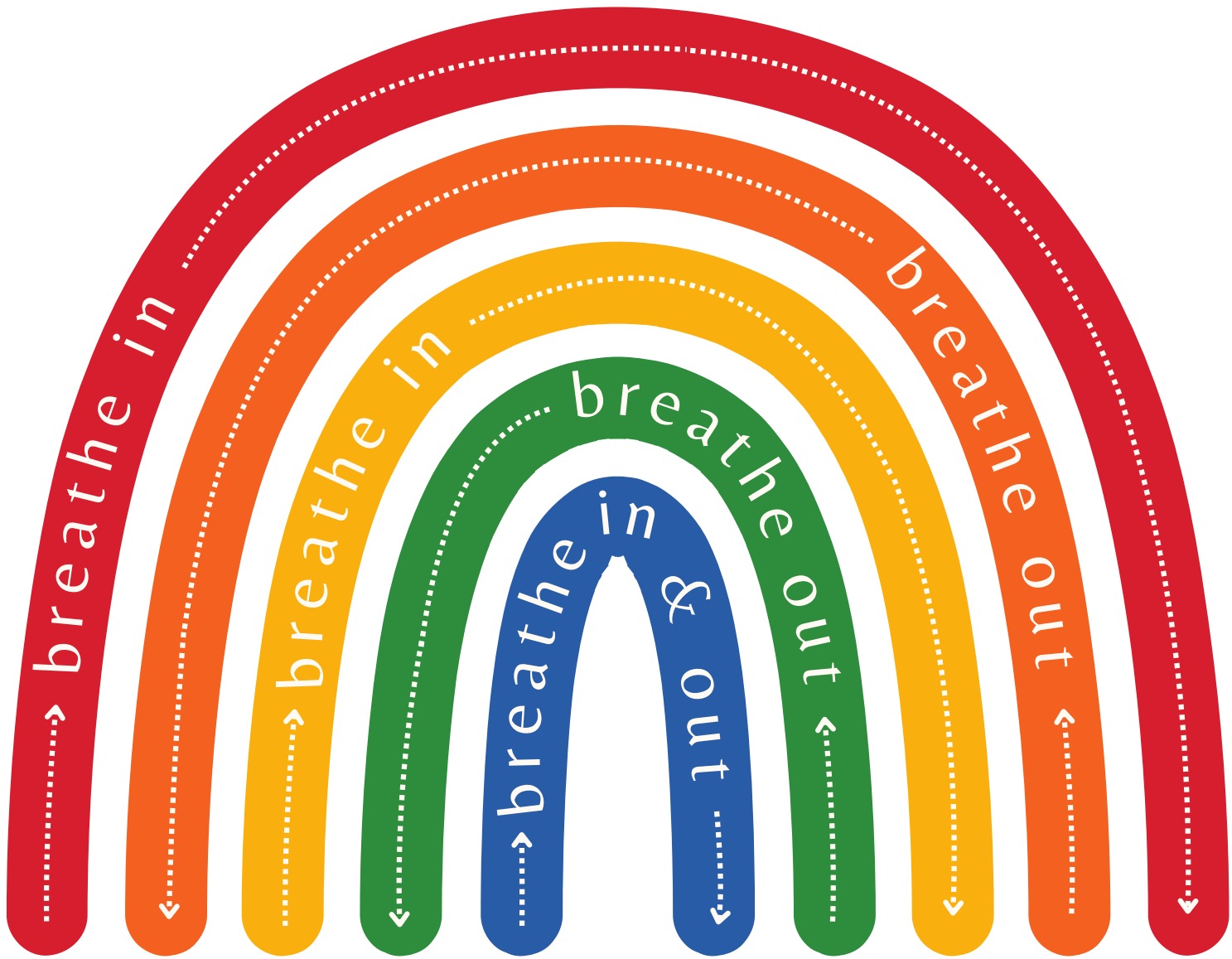
## TO CALM & GROUND YOUR CHILD





# Rainbow Breathing

TO CALM & GROUND YOUR CHILD



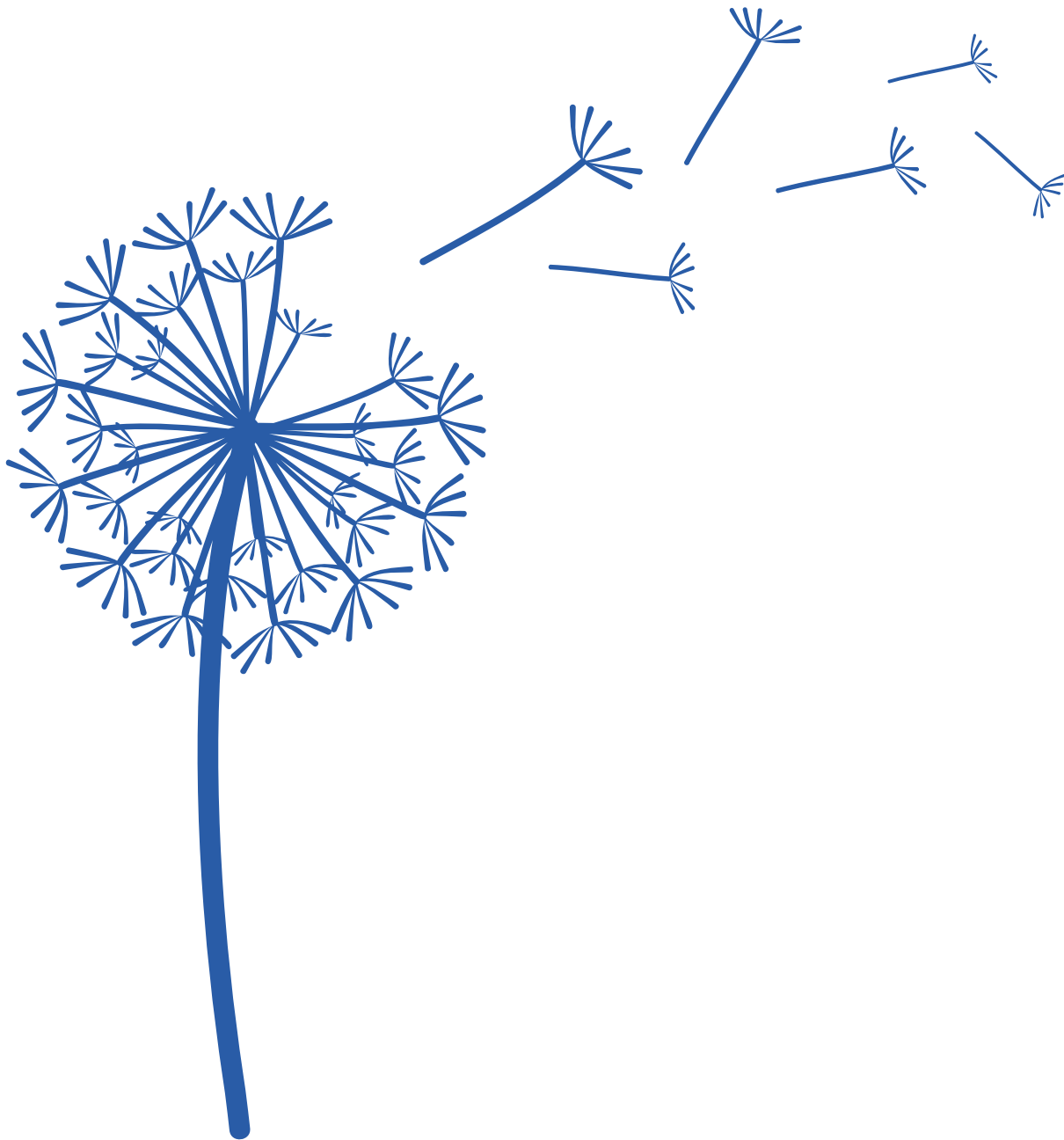
# Birthday Breathing

TO CALM & GROUND YOUR CHILD



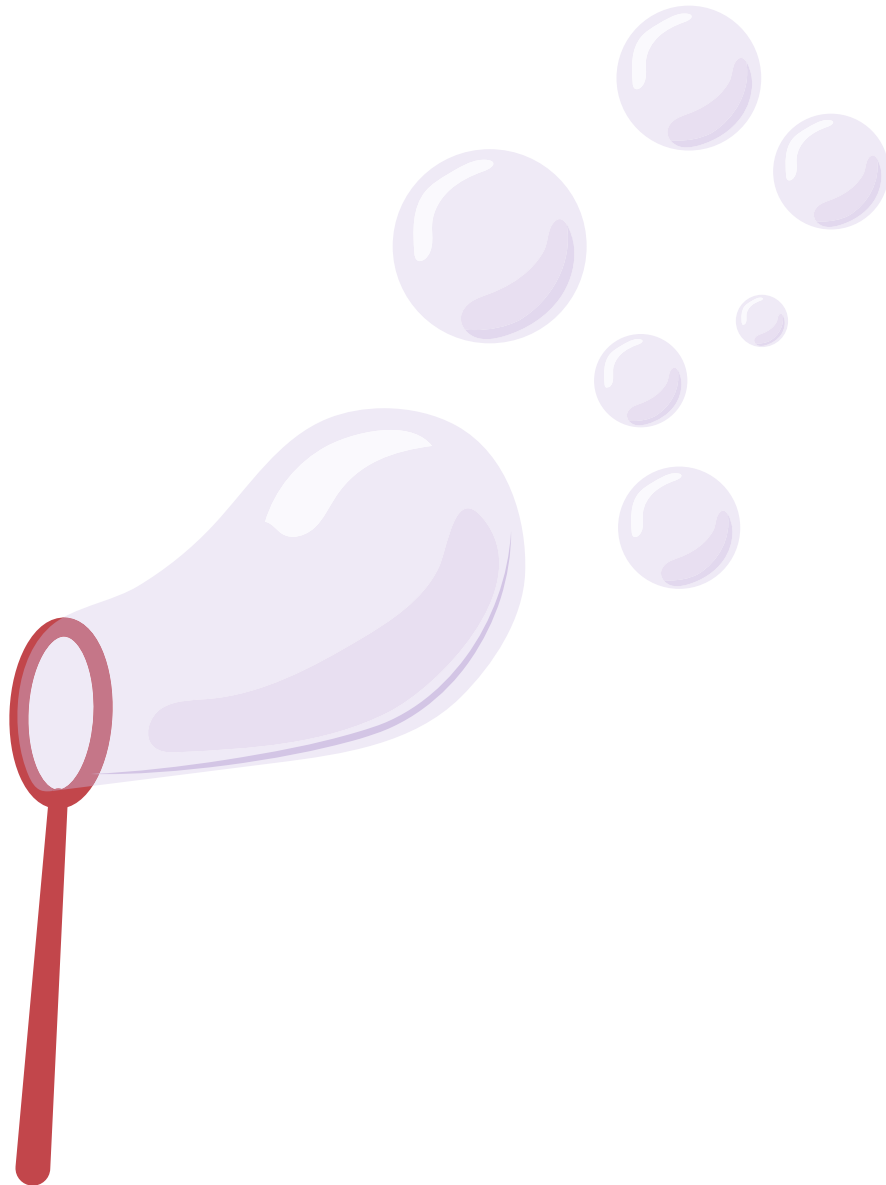
# Dandelion Breathing

TO CALM & GROUND YOUR CHILD



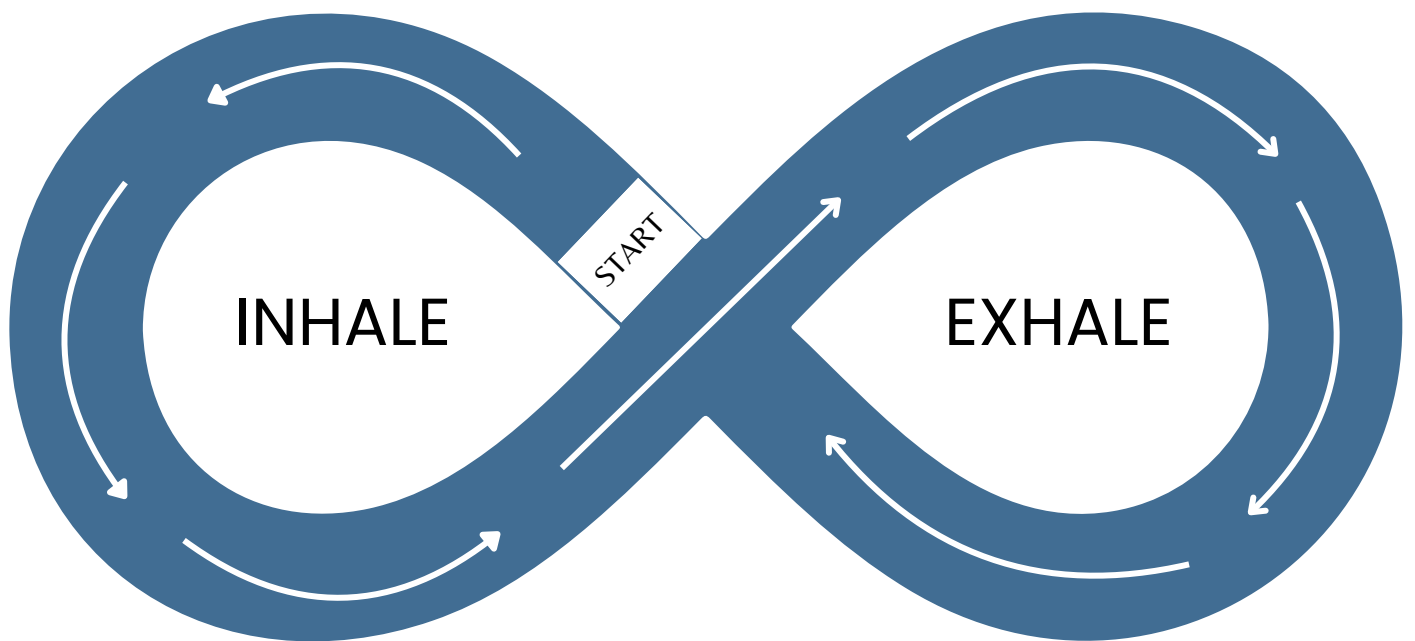
# Bubble Breathing

TO CALM & GROUND YOUR CHILD



# Figure 8 Breathing

TO CALM & GROUND YOUR CHILD



# Flower Breathing

To calm & ground your child

