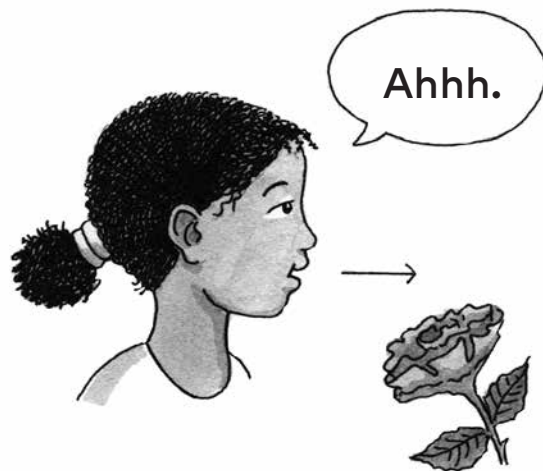


Calm Breathing

Flower Technique



Breathe in.



Breathe out.

Grades K-1