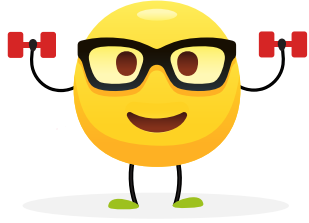


CALMING STOP

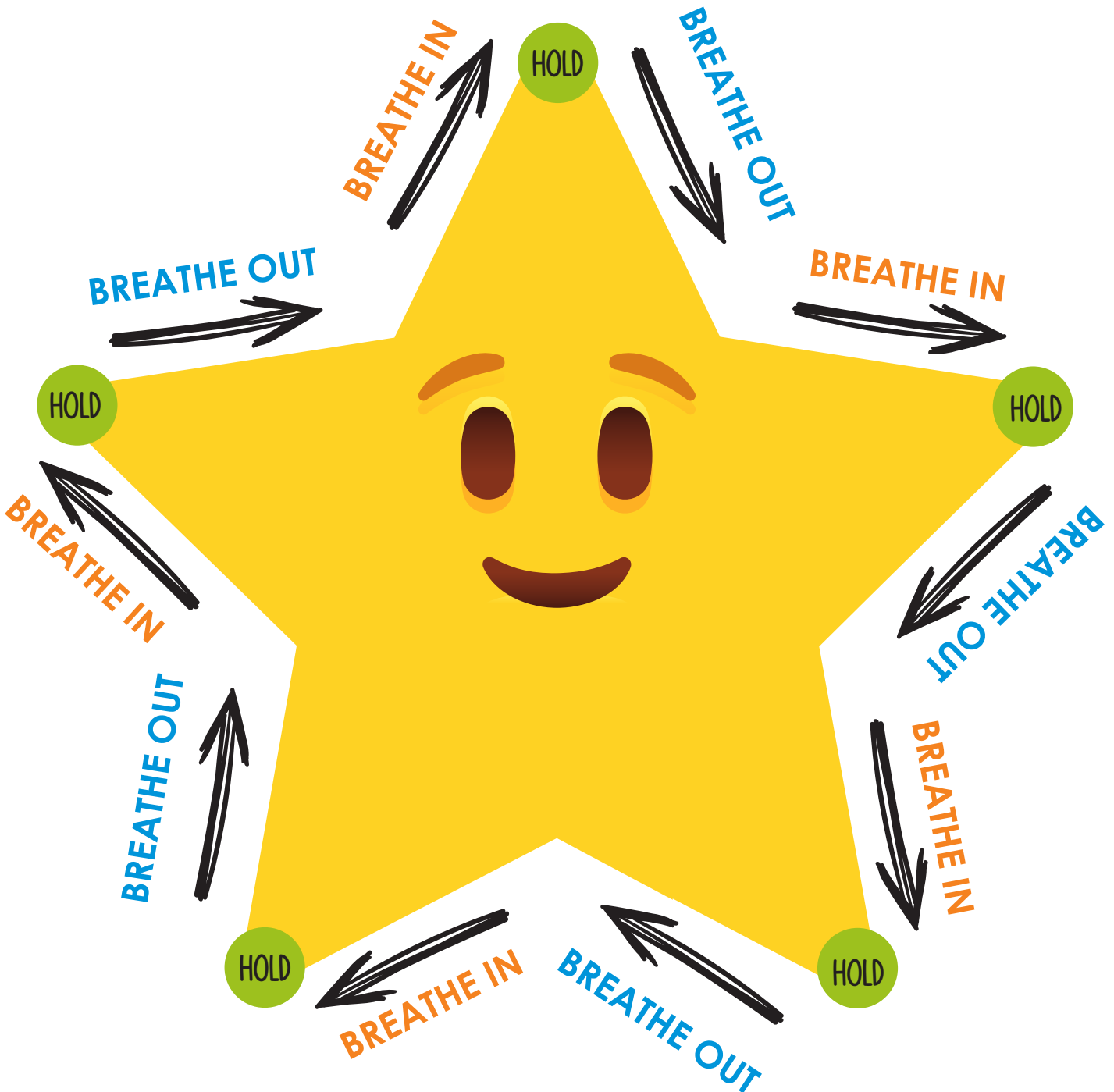


READ THE DIRECTIONS BELOW.

DO YOU HAVE QUESTIONS ABOUT THE EXERCISES?.

GO!

Calm down with star breathing. Pick any green circle to begin. Breathe out for a count of 3 - hold the breath for a count of 3 on the green circles - breathe in for a count of 3. Go around the whole star doing your deep breathing until you return to the green circle where you started. Repeat as needed.



CALMING STOP



READ THE DIRECTIONS BELOW.

DO YOU HAVE QUESTIONS ABOUT THE EXERCISES?.

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Calm down with star breathing. Pick any green circle to begin. Breathe out for a count of 3 - hold the breath for a count of 3 on the green circles - breathe in for a count of 3. Go around the whole star doing your deep breathing until you return to the green circle where you started. Repeat as needed.

