

TAKE 5 DEEP BREATHS

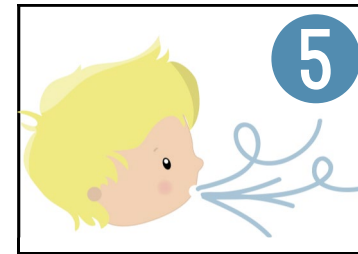
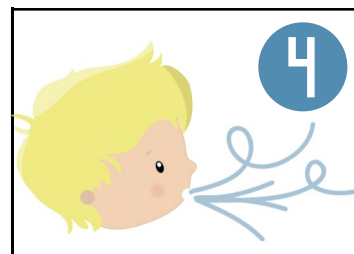
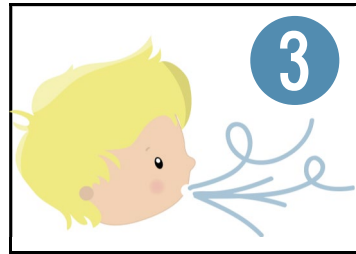
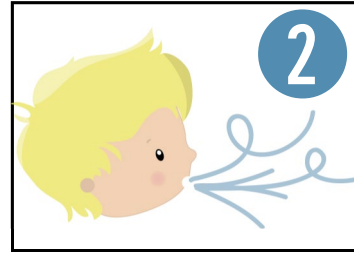
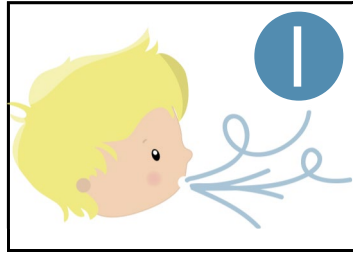
Desk Strip



INSTRUCTIONS:

- Laminate or print on cardstock for durability.
- Cut out each of the 5 breathing image squares.
- Cut out rectangular strip.
- Place loop Velcro on each empty square of the strip.
- Place hook Velcro on the back of each breathing image.
- Adult places the five breathing images on the top row of the strip (numbered 1-5 in left to right manner).
- While slowly breathing in through his/her nose and out through their mouth, the child will move each image to the bottom row (numbered 1-5 in left to right manner).

TAKE **5** DEEP BREATHS



I will take **5** deep breaths . . .
