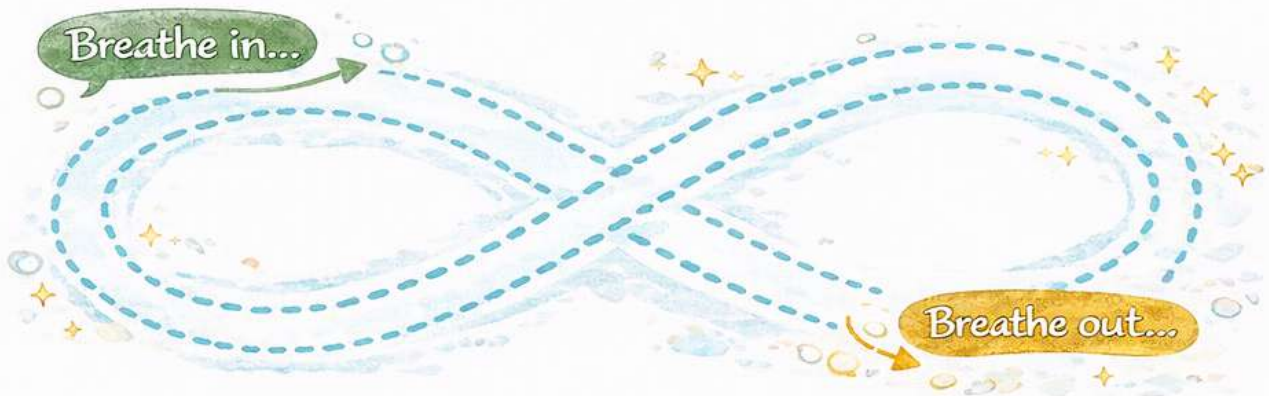




Follow the Breath

Tracing Path

Follow the Breath is a way to calm your mind and body by focusing on your breath. Trace the path as you breathe in and out!



1. Trace the path with your finger and breathe slowly 5–8 times... or until you feel calmer.



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