



This is a deep  
breathing  
exercise



to help relax  
and feel calm



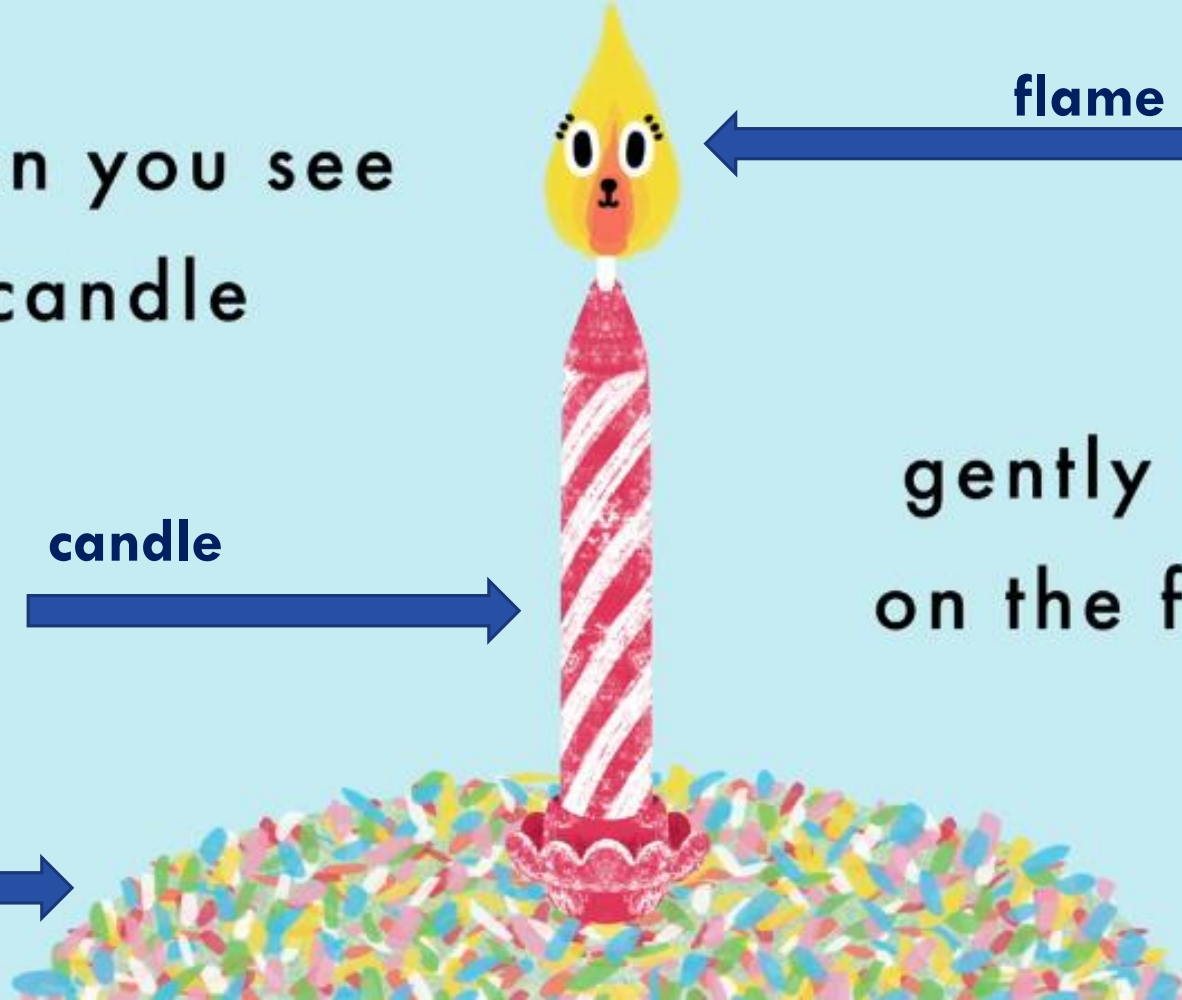
When you see  
the candle

flame

candle

gently blow  
on the flame

cake



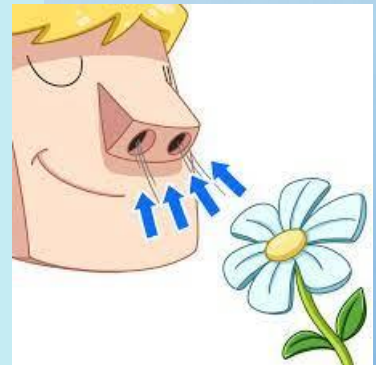


When you see  
the flower  
breathe in  
deeply



flower

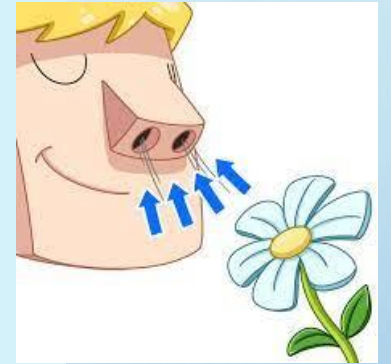
imagine  
you are  
smelling  
the scent



Inhale



smell  
the  
flower



Exhale



blow  
the  
flame





**Put your elbows on the table.**



**Put your chin on your hands.**

**Are you ready? Ready, steady, go !!**