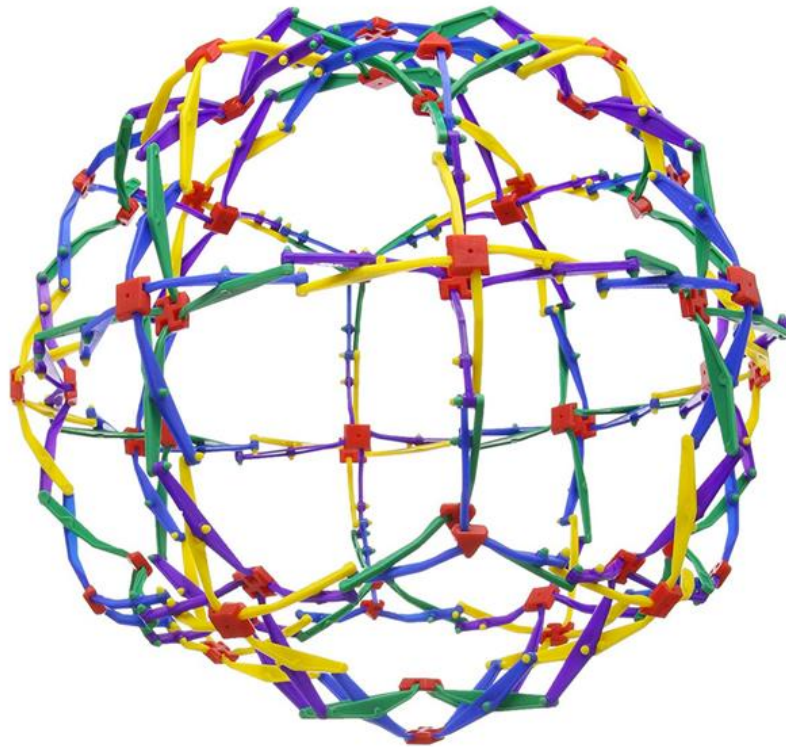


Calm Breathing Cards



Breathing Ball Breath

Bring your fingertips together to create your own breathing ball.



Take 3-5 deep breaths, filling your breathing ball and lungs.