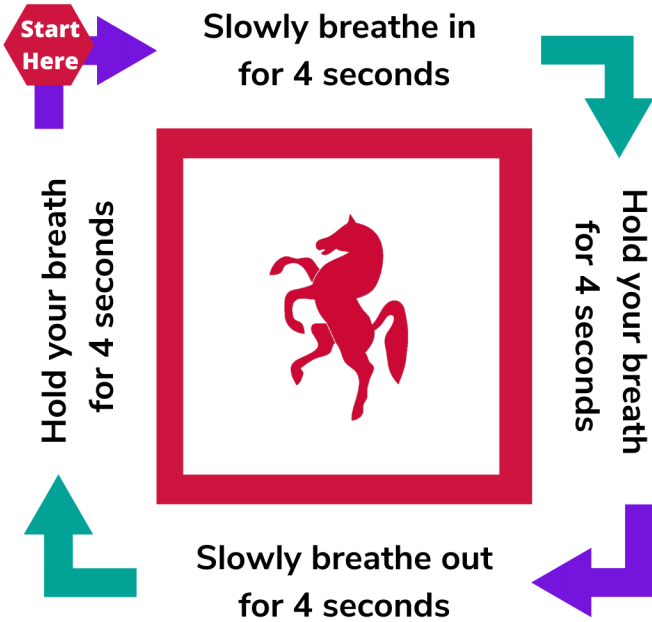


Square Breathing

Start at the top left of the square. Follow the instructions in the direction of the arrows to complete one breathing cycle. Repeat until calm



Triangle Breathing

Start at the point of the triangle. Follow the instructions in the direction of the arrows to complete one breathing cycle. Repeat until calm



Star Breathing

Start at any "breathe in" point. Follow what it says until you have gone around the star to complete one breathing cycle. Repeat until calm



Lazy 8 Breathing

Start at the middle of the 8. trace your finger around, following the arrows and instructions to do one breathing cycle. Repeat until calm.

