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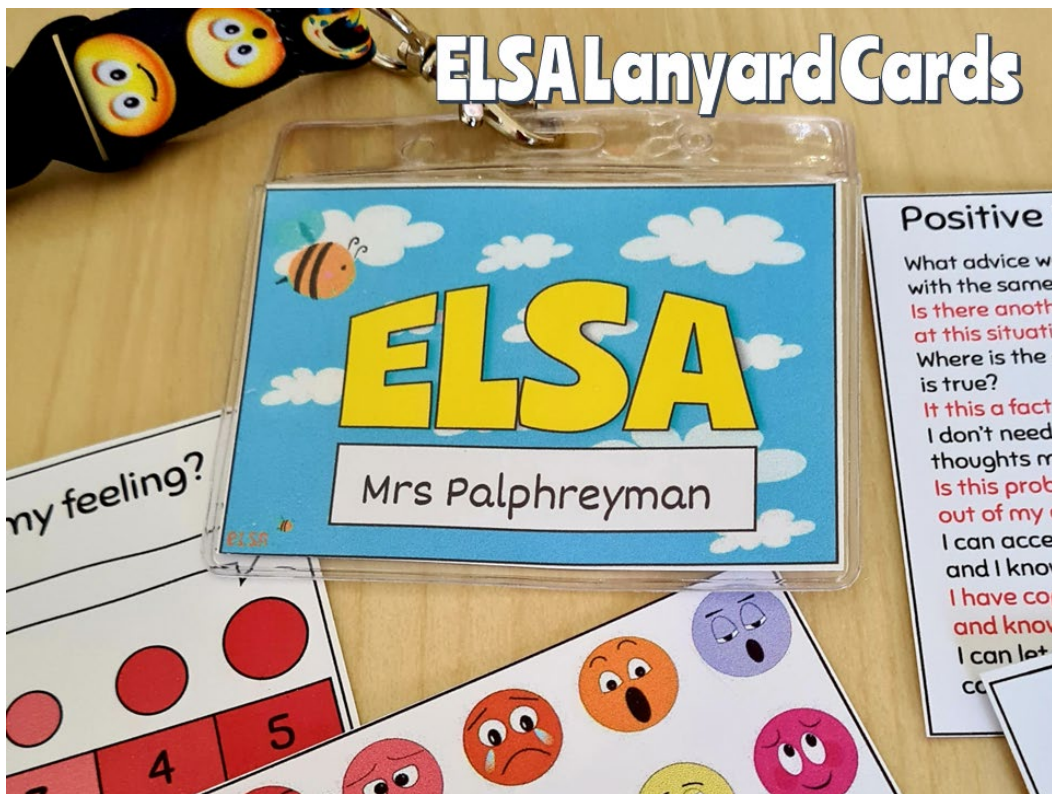




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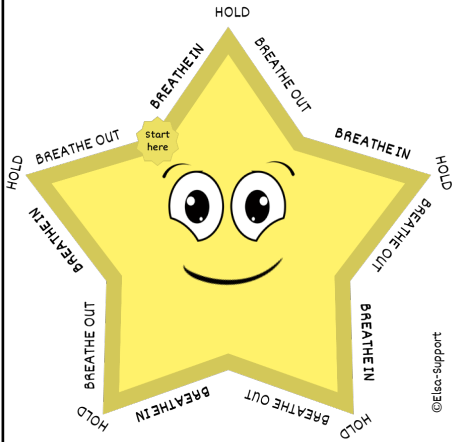
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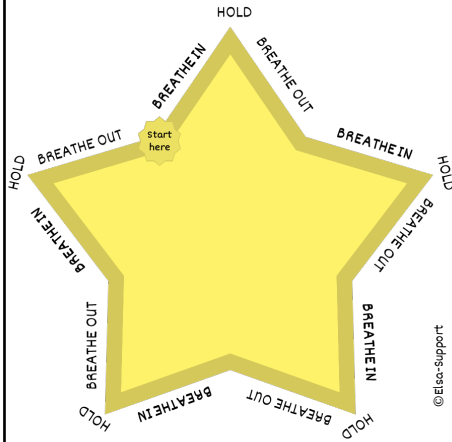
# Star Breathing



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Place your finger on the start and trace upwards whilst breathing in. Hold your breath for a couple of seconds and then continue all the way around the star. Repeat until you feel calmer.

# Star Breathing



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Place your finger on the start and trace upwards whilst breathing in. Hold your breath for a couple of seconds and then continue all the way around the star. Repeat until you feel calmer.

Star breathing cards for your lanyard  
Print onto card, laminate and add to your  
lanyard as a reminder for star breathing