RAINBOW BREATHING



BREATH & BEAM BRIGHT!



1.) PLACE A FINGER ON START
AT THE BOTTOM OF THE RAINBOW.
2.) TAKE A DEEP BREATH IN.
AS YOU TRACE UP.
3.) BEGIN TO BREATH OUT
AS YOU REACH THE TOP OF THE RAINBOW.

4.) REPEAT ALONG EVERY COLOR!

Breathe out

Breathe out Breathe in Breathe in Start