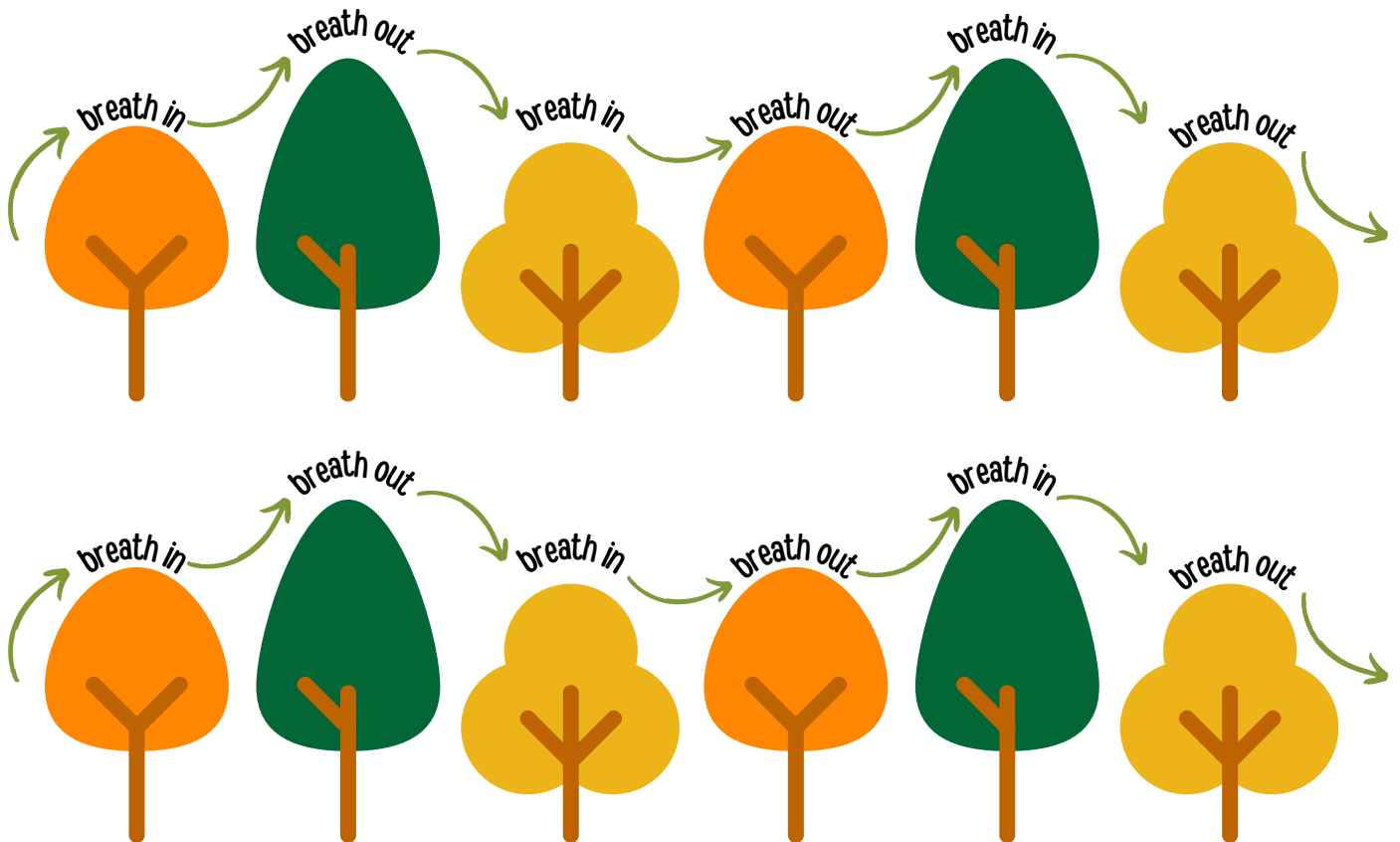




# Forest Breathing Exercise

Forest breathing is a fun way to calm your body and mind! 🌲 ✨  
Just like trees are strong and steady, breathing exercises help you feel calm.  
It's like giving yourself a little moment of calm whenever you need it.



- 1.) Place your finger at the bottom of the first tree.
- 2.) Trace up the tree while breathing in through your nose.
- 3.) Trace down as you breathe out through your mouth.
- 4.) Move to the next tree and repeat, following the arrows.
- 5.) Feel calm, steady, and ready for anything! ✨

