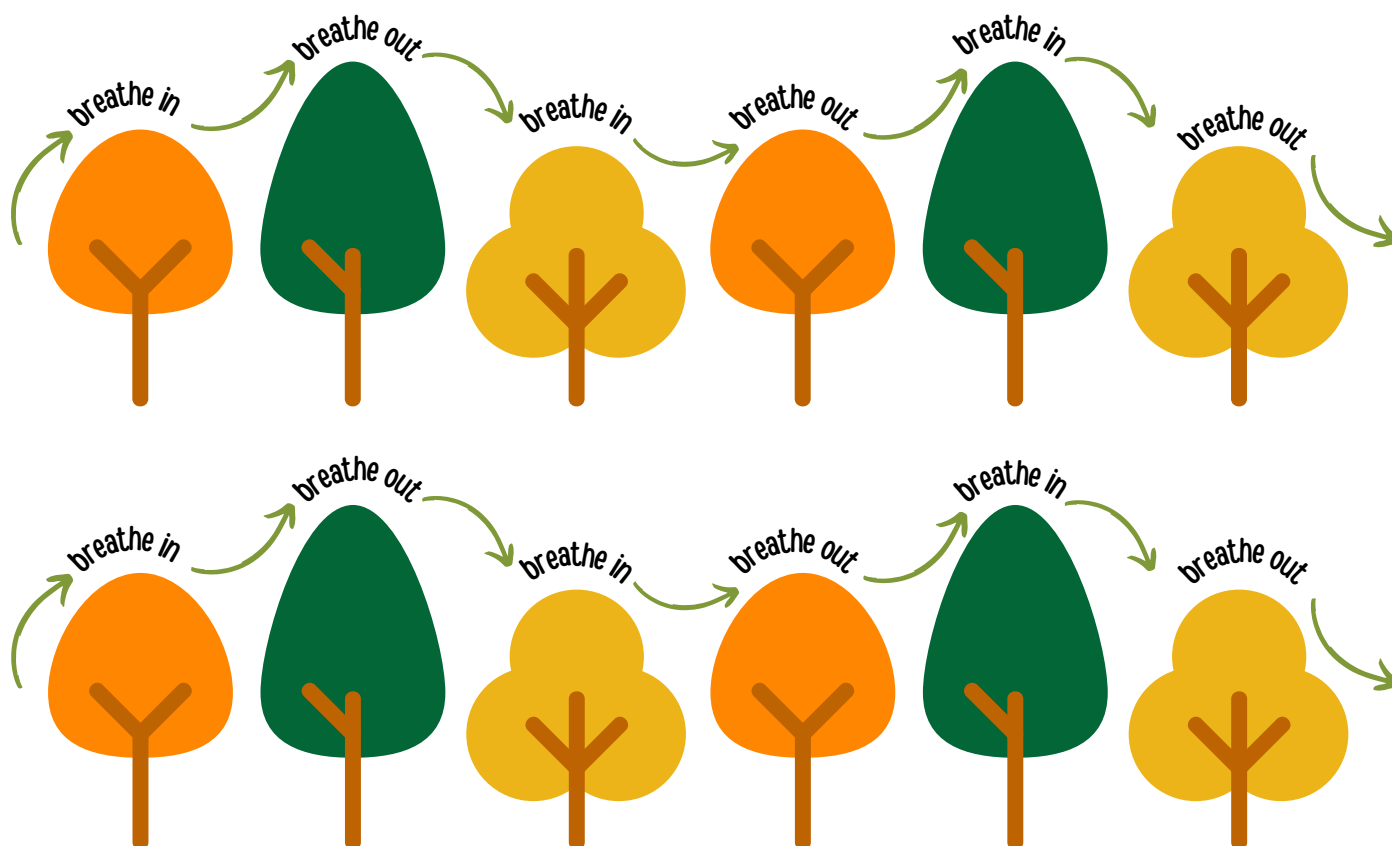




Forest Breathing Exercise

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 first arrow beside the first tree.
- 2.) Follow the arrows slowly from left to right.
- 3.) Breathe in through your nose when you see "breathe in."
- 4.) Breathe out through your mouth when you see "breathe out."
- 5.) Repeat until you feel calm, steady, and ready for anything!

