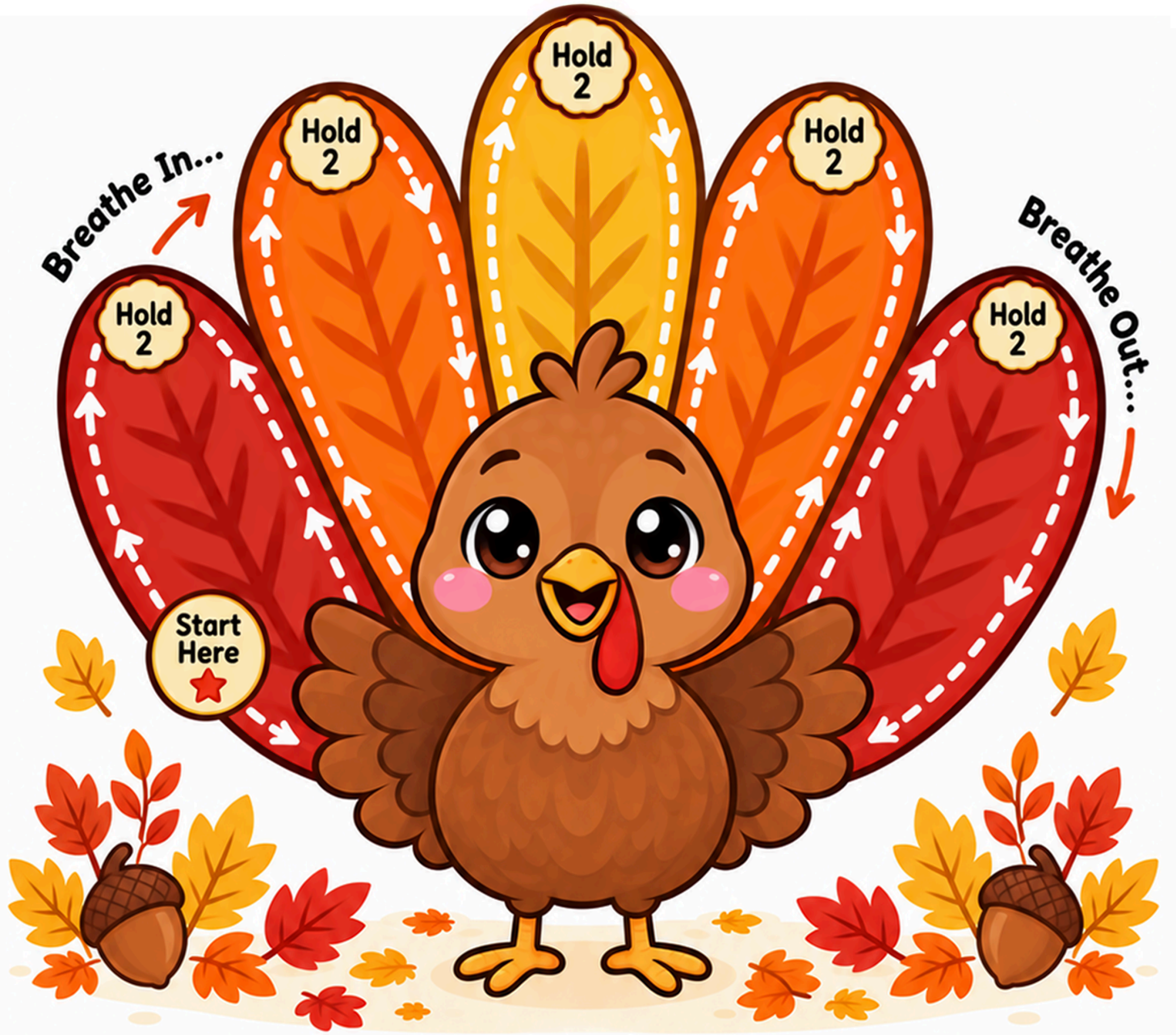
TURKEY BREATHING

FEATHERS OF CALM

1. Place your finger on **Start Here.**
2. Breathe in as you trace up each feather.
3. Hold at the top for 2 seconds.
4. Breathe out as you trace down each feather.
5. Repeat feather by feather until you feel calm.



EnchantedLittleWorld