

PUMPKIN BREATHING



A PATCH OF CALM



- 1 Place your finger on **Start Here.**
- 2 Trace up the pumpkin slowly as you breath in.
- 3 Hold at the top and pause for 2 seconds.
- 4 Breathe out slowly as you trace down the pumpkin.
- 5 Repeat until you find your pumpkin-patch calm.

