

GHOST BREATHING



BOO-ST YOUR CALM



- 1 Imagine you're a happy, friendly ghost.
- 2 Take a deep ghostly breath in through your nose.
- 3 Use your finger to trace the path above the ghost
- 4 Breathe out with a soft giggle as you trace below the ghost.
- 5 Repeat until you feel a tee-hee of calm.



Breathe In...

Breathe Out...

