

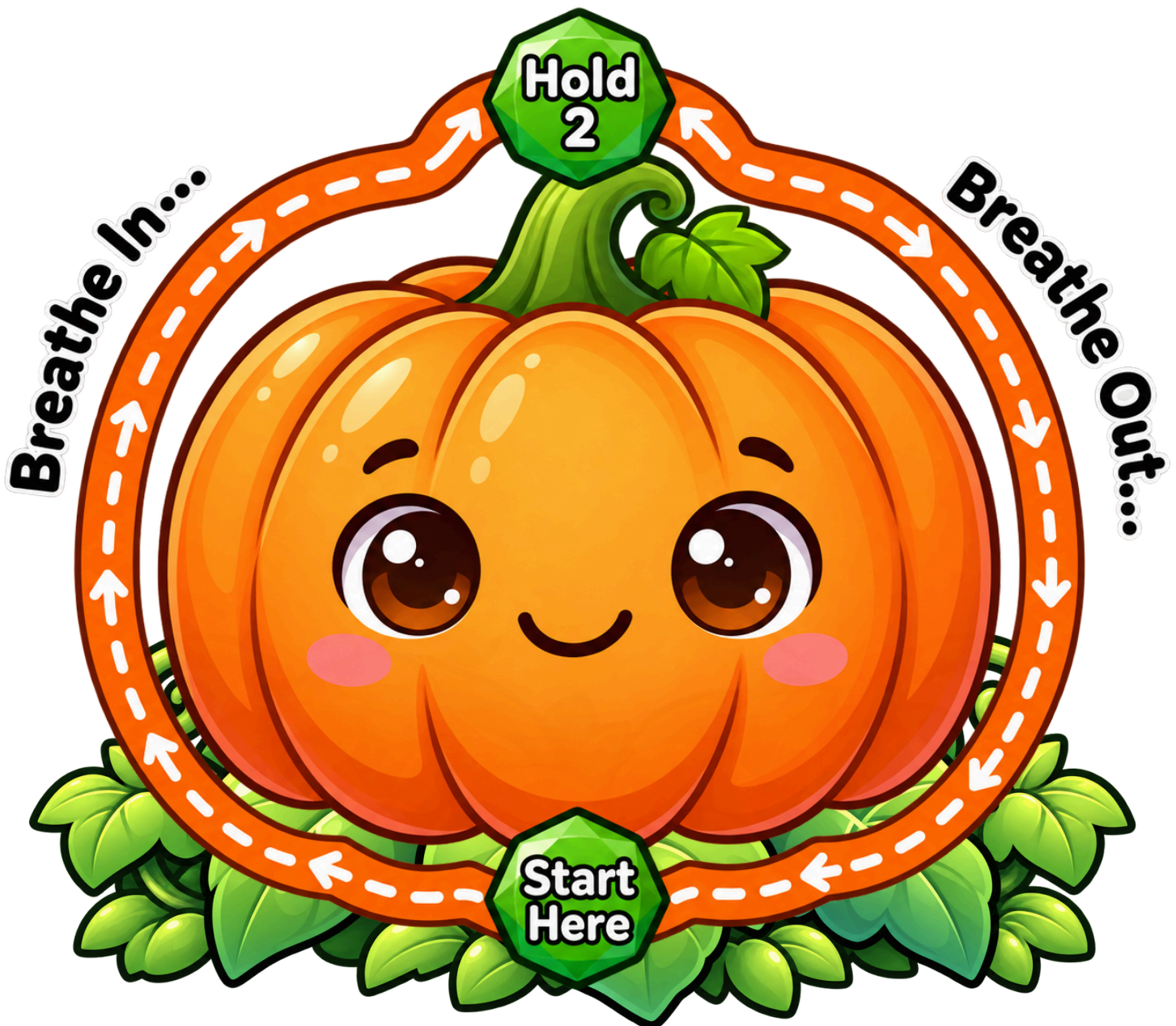
PUMPKIN BREATHING



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.



CAULDRON BREATHING



MAGIC BUBBLE CALM



- 1 Imagine a happy cauldron bubbling with magical potion.
- 2 Breathe in slowly, as if to smell the bubbles brewing.
- 3 Breathe out gently toward the cauldron, imagining the bubbles popping.
- 4 Repeat until you feel calmness bubble over you.



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...



SPIDER WEB BREATHING



SPIN INTO CALM

- 1 Start at the spider at the top.
- 2 Trace the web with your finger.
- 3 Breathe in slowly at each orange circle.
- 4 Breathe out slowly at each black circle.
- 5 Keep going until you feel calm and peaceful.

