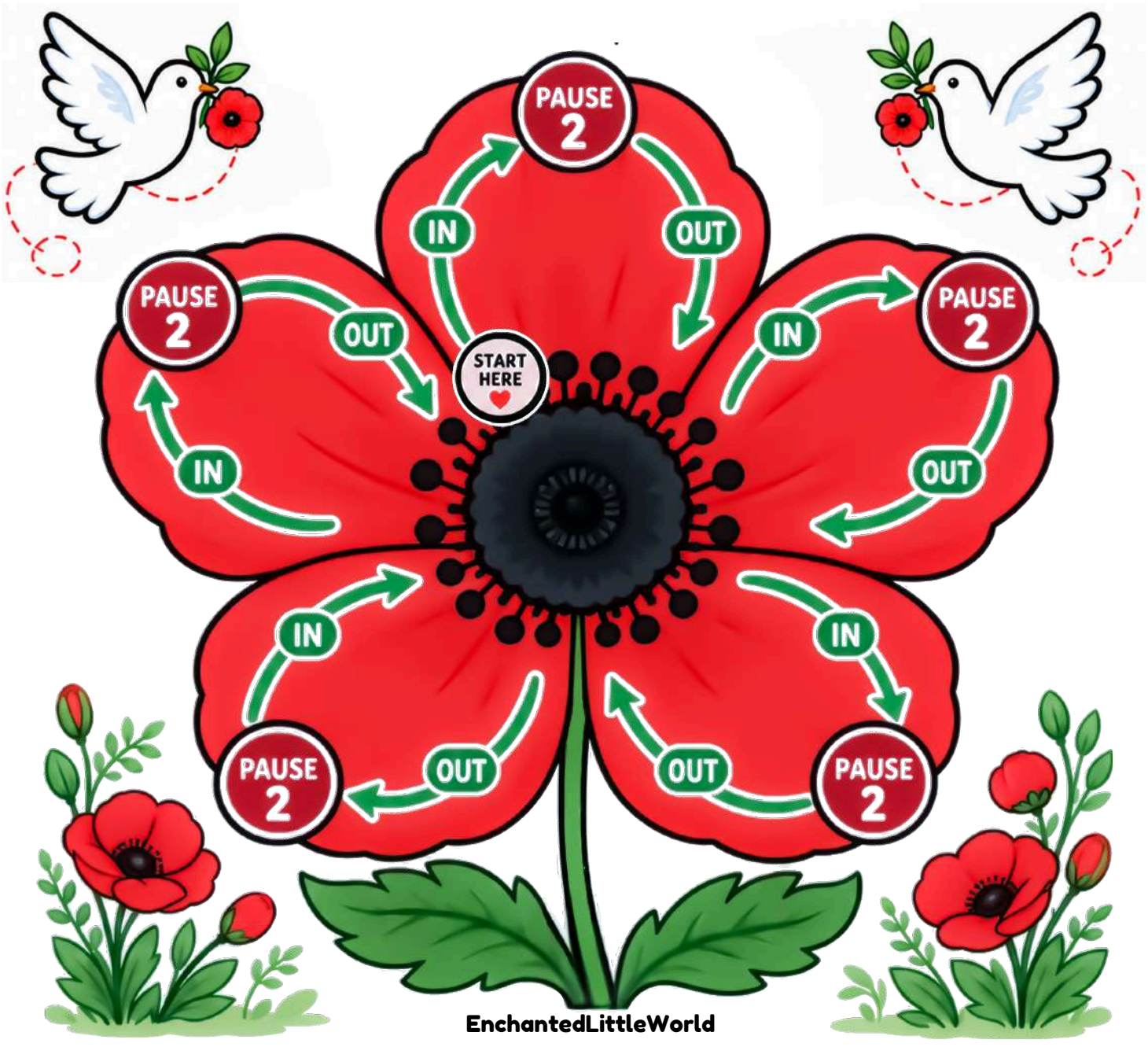
POPPY BREATHING

BREATHE IN PEACE

1. Place your finger on **Start Here.**
2. Breathe in as you trace up one side of a petal.
3. Hold at the top and pause for 2 seconds.
4. Breathe out slowly as you trace down the petal.
5. Repeat around all 5 petals until you feel at peace.



EnchantedLittleWorld