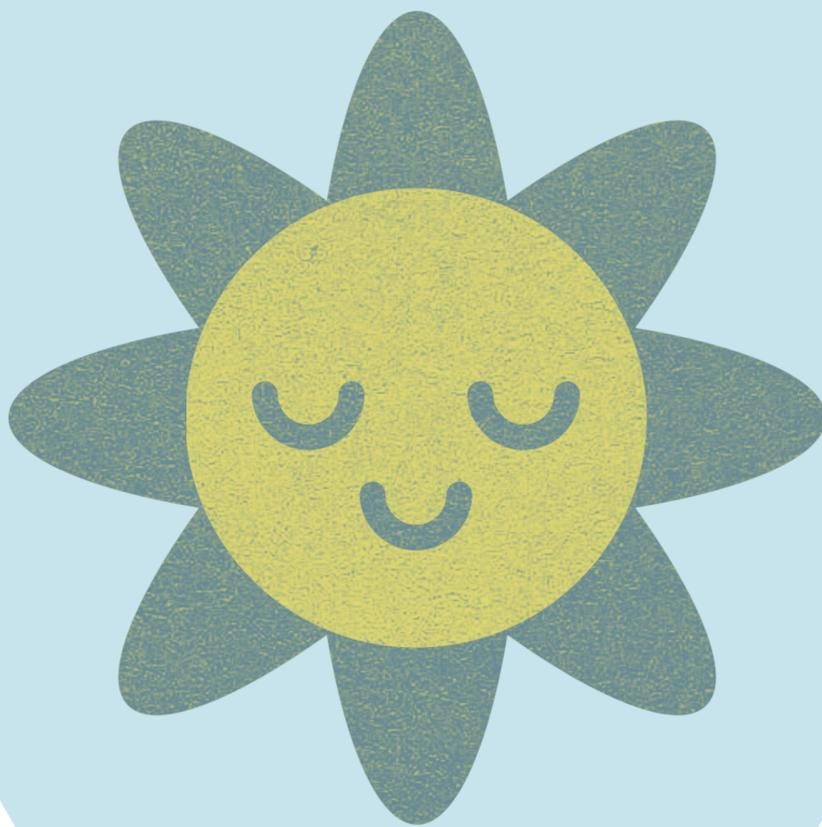


Triangle Breathing

hold

and count
to five



breathe

in

and count
to five

breathe

out

and count
to five

Look around our classroom.

Can you find something:

red

green

orange

blue

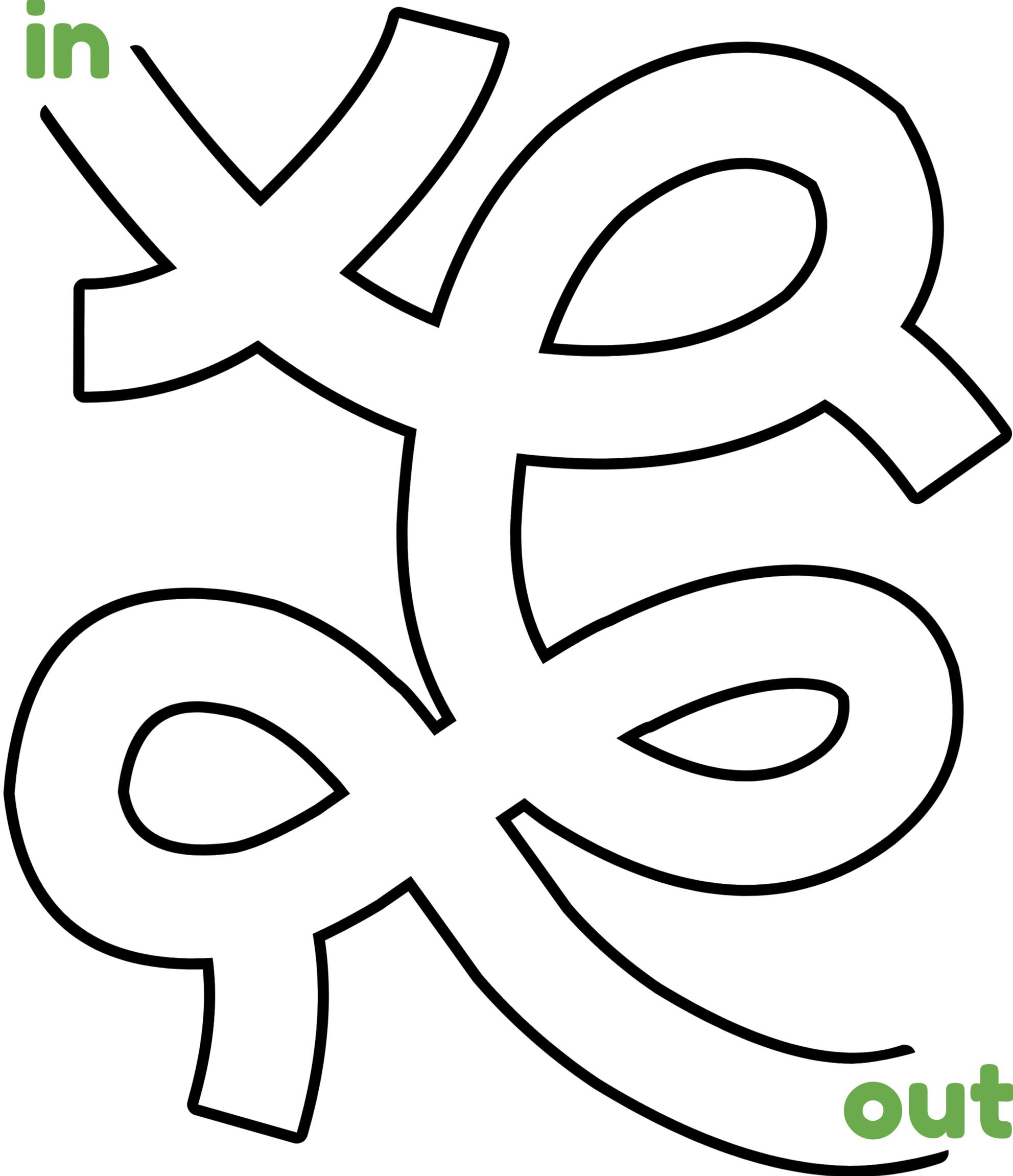
yellow

purple



Trace the path
and take deep breaths

in



out

Can you find:

5 things you can **see**

4 things you can **touch**

3 things you can **hear**

2 things you can **smell**

1 things you can **taste**

