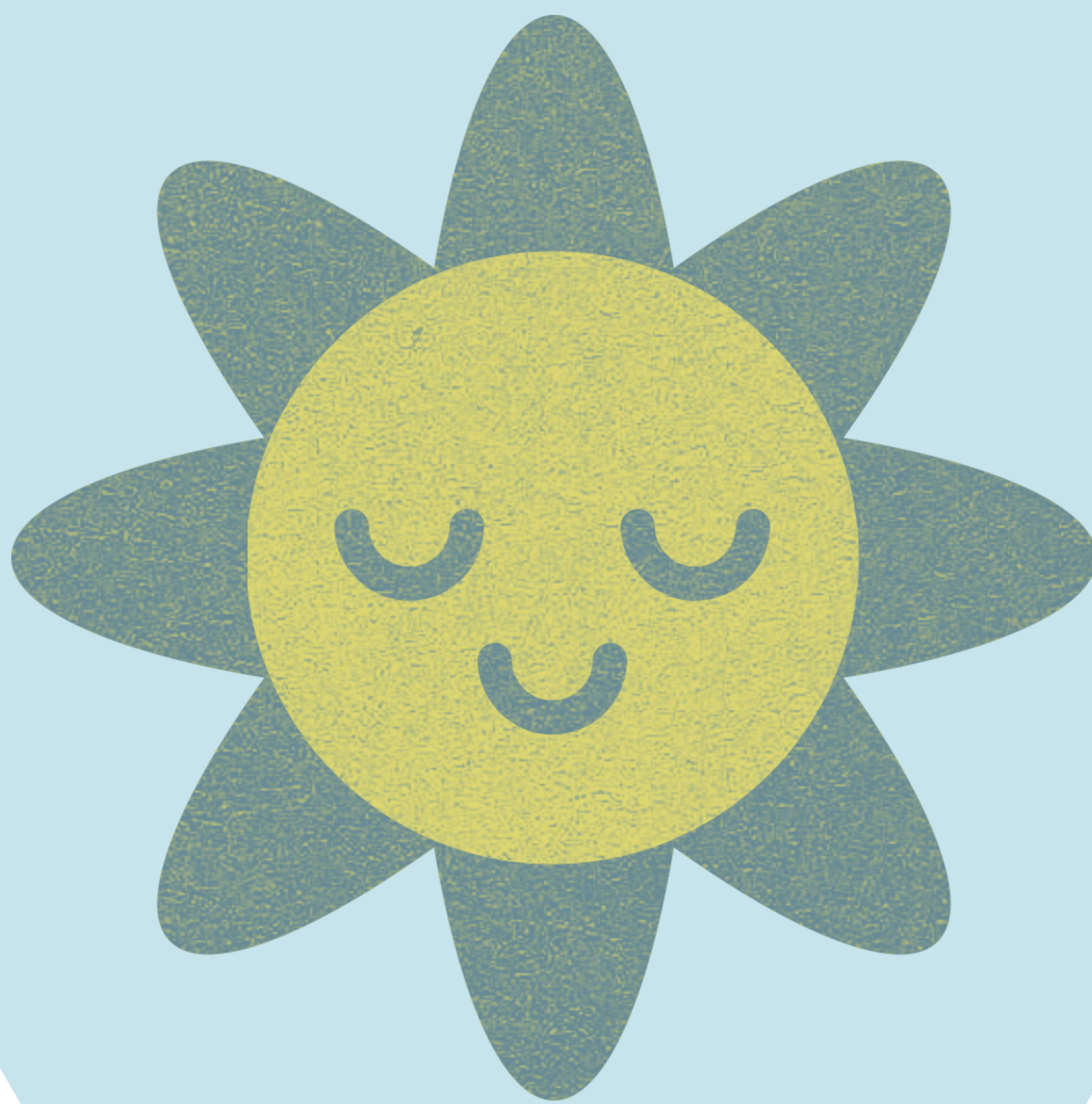


# Triangle Breathing

**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**

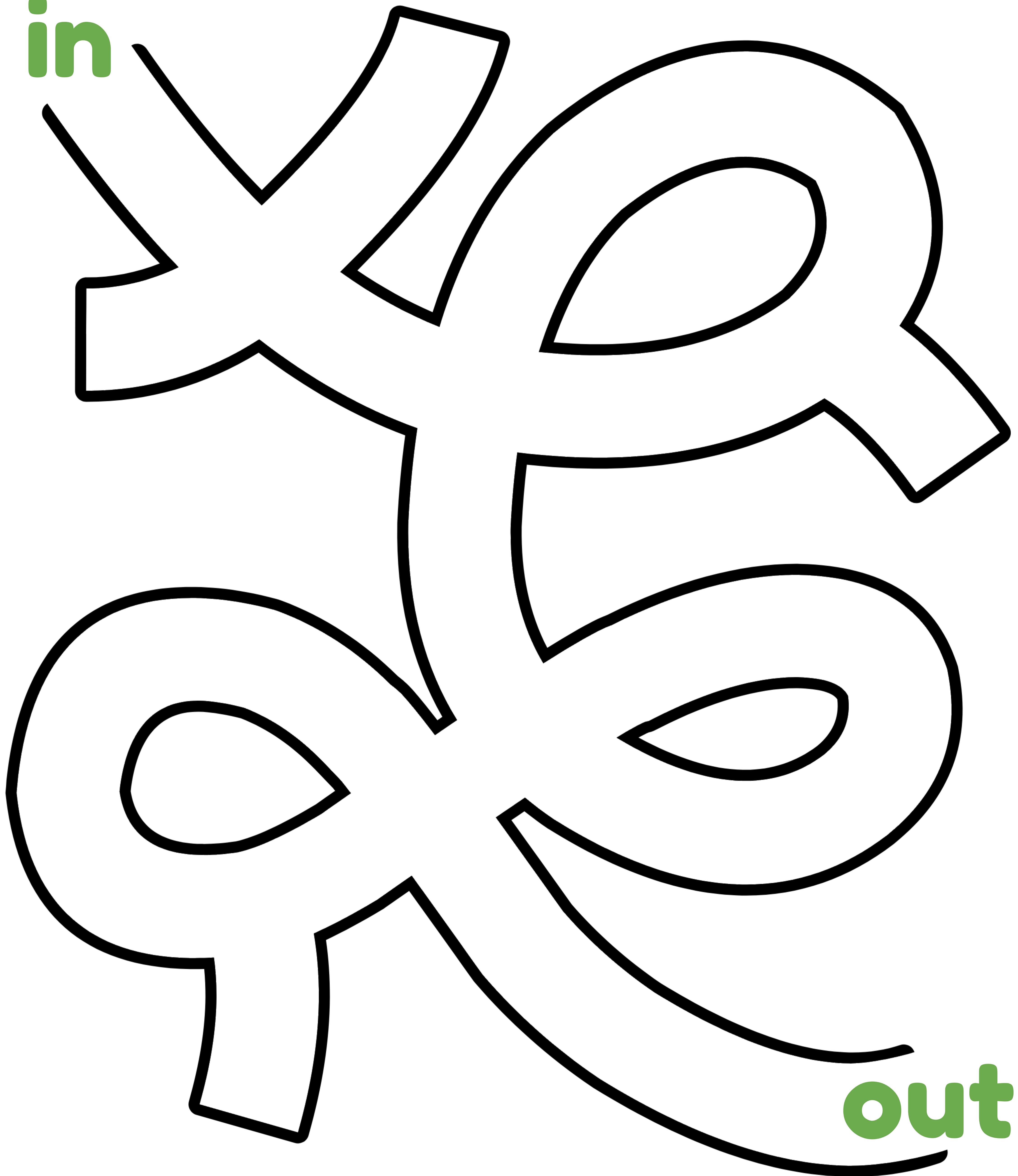
**yellow**

**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**

