

I close my eyes and think of my special place

I do lion's breath

I do ocean breathing

I do the ladybug pose and breathe in and out

I put my hands on my heart and think of someone I love  
and breathe in and out

I breathe in peace and breathe out stressful thoughts

I blow a bubble and place my worries inside

I use the breathing ball and take 5 deep breaths

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