

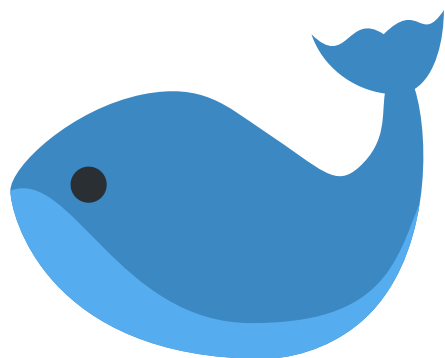
SNAKE BREATH

Breathe in through the nose
for the count of 3

Hold for the count of 3

Breathe out slowly through the
mouth, making a hissing
sound for as long as you can

Animal Breathing Cards

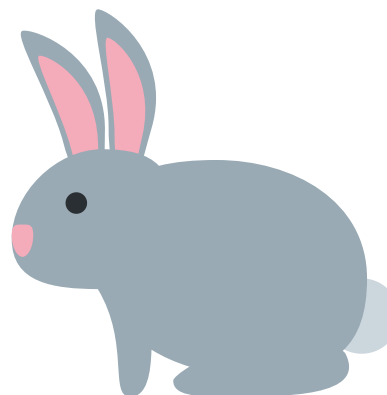


WHALE BREATH

Breathe in through the nose
for the count of 3

Hold for the count of 3

Tilt your head back and
breathe out for as long as you
can, like a whale blowing
through their blowhole



BUNNY BREATH

Take in three quick sniffing
breaths through your nose,
like a bunny sniffing for
carrots

Take one long breath out
through your nose