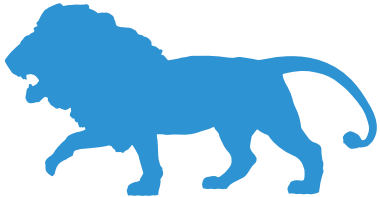


Animal Breathing Cards



LION BREATH FOR RELEASING FRUSTRATION

Breathe in through the nose for
the count of 5

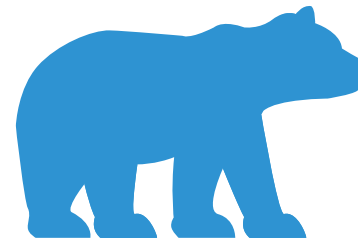
Breathe out through the mouth
for the count of 5, letting out a
roar



DRAGON BREATH FOR RELEASING TENSION

Breathe in through the nose for
the count of 3

Breathe out through the mouth
for the count of 3, opening your
mouth and eyes as wide as you
can



BEAR BREATH FOR REST AND RELAXATION

Breathe in through the nose for
the count of 5

Hold the breath for the count of
3

Breathe out through the mouth
for the count of 5