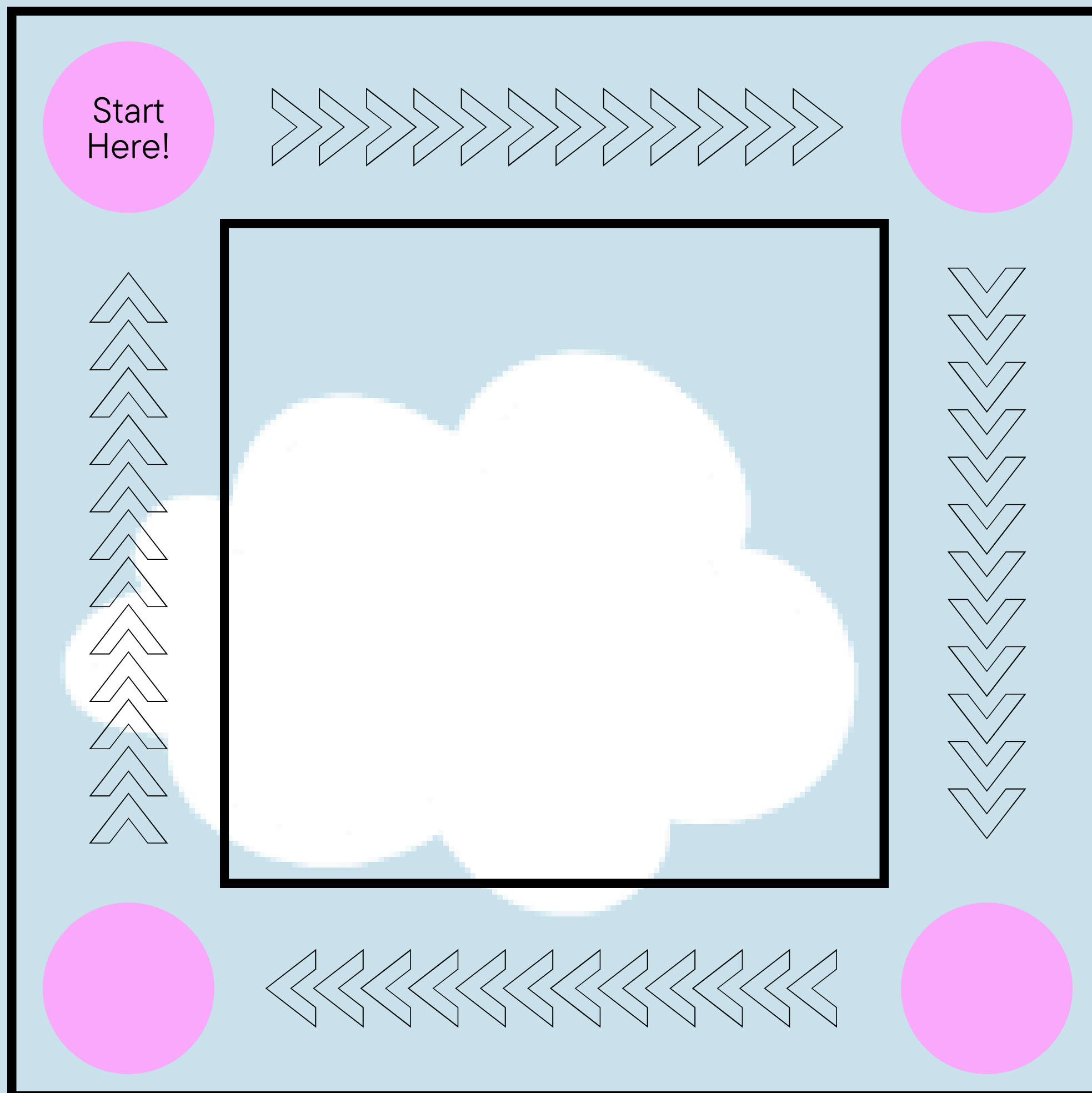


BOX BREATHING



Place your finger on the dot that says “Start Here!” Take a deep breath in and count to 4.

Move your finger to the next dot as you release your breath.

Breathe in at each corner and count to 4 until you complete the box.