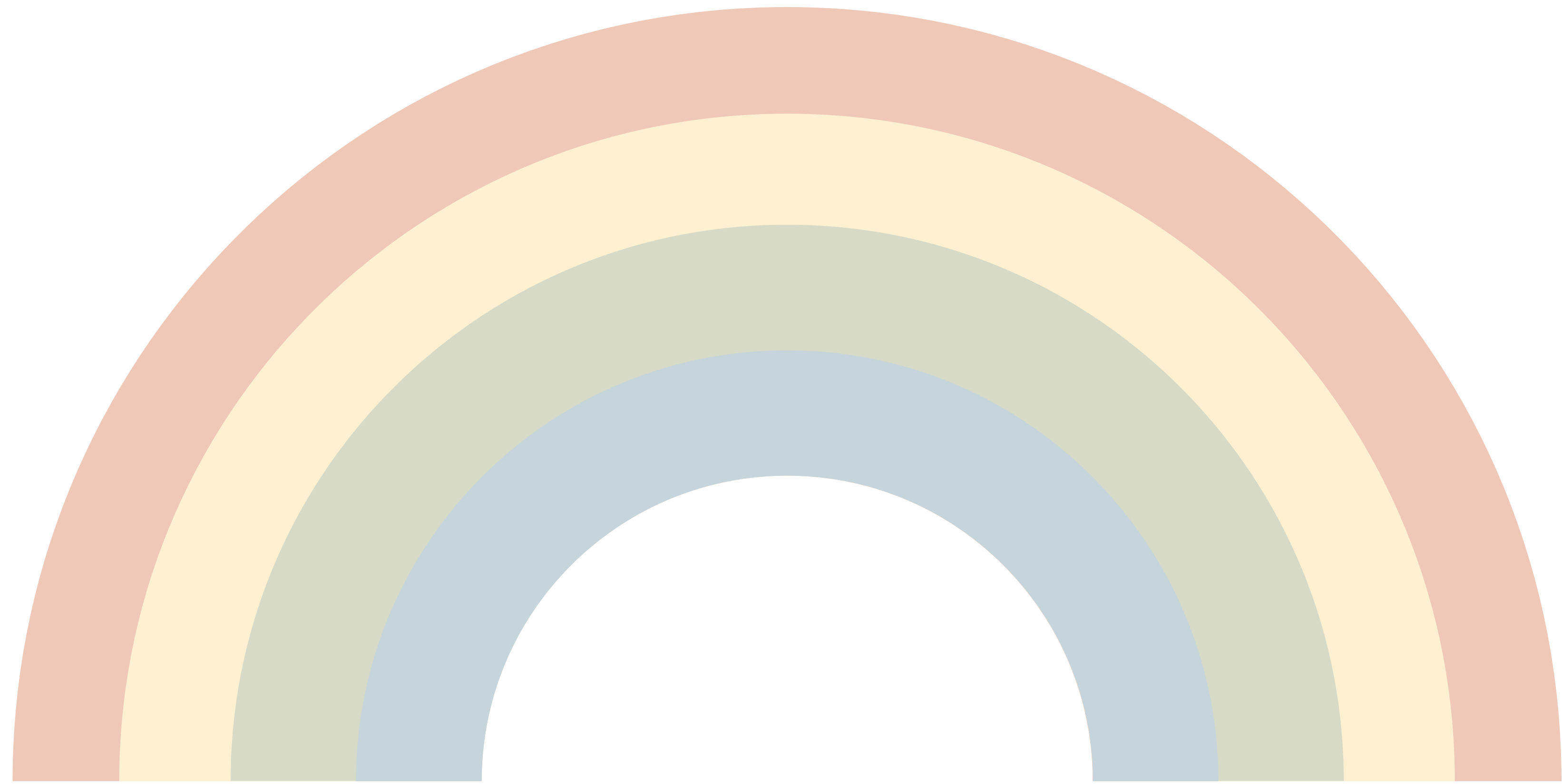


RAINBOW BREATHING



Place your finger on the star. Trace along each rainbow colors with your finger as you breathe in and out.