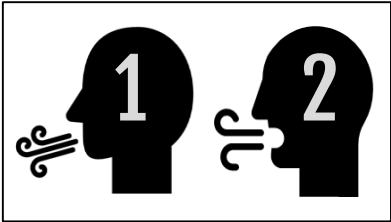
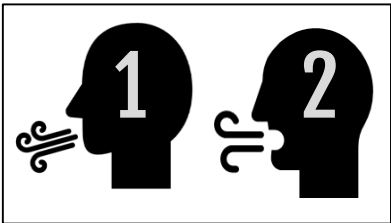


# Deep Breaths

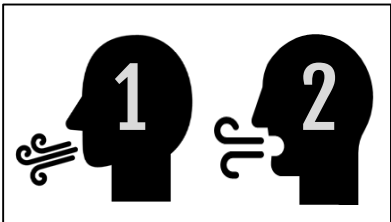
1.



2.



3.

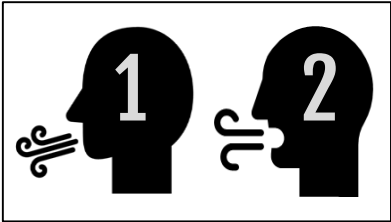


I can calm down by breathing **IN** and **OUT**.

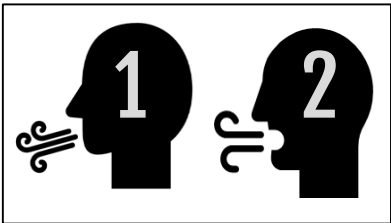


# Deep Breaths

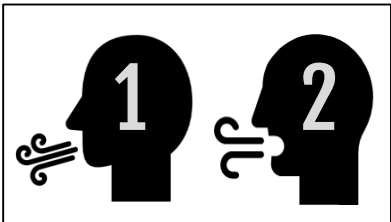
1.



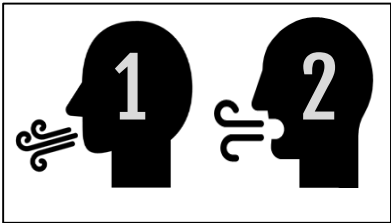
2.



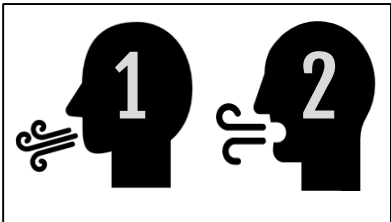
3.



4.



5.

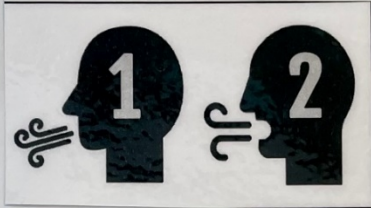


I can calm down by breathing **IN** and **OUT**.



# Deep Breaths

1.



2.



3.

I can calm down by breathing IN and OUT.

