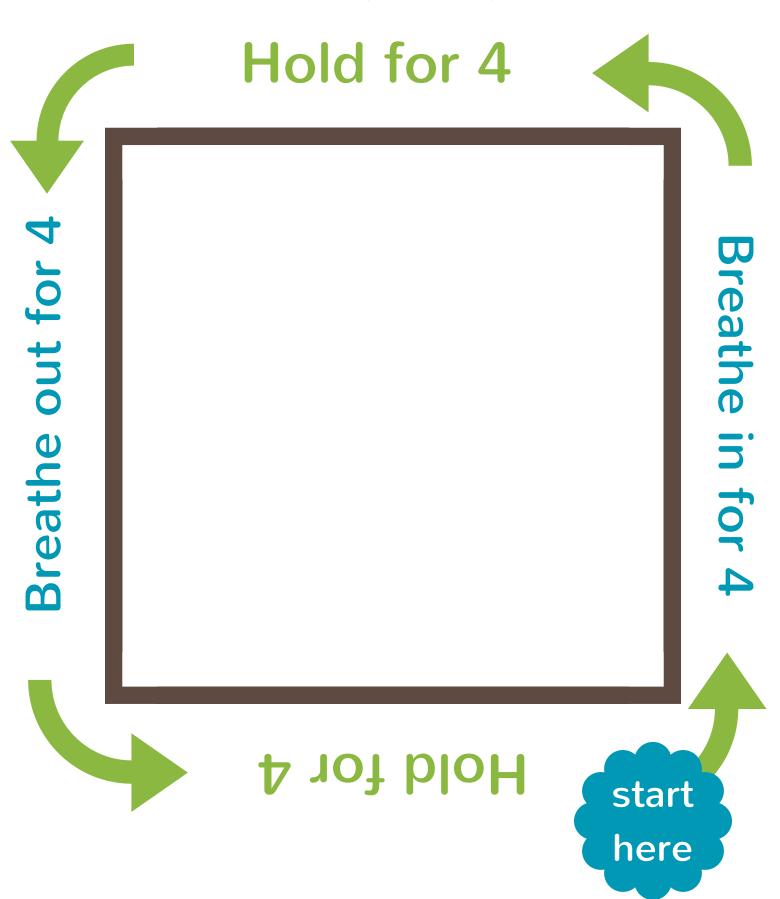
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



www.copingskillsforkids.com