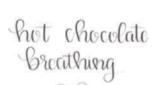


"Hot Chocolate Breath"





(1) Hold out your Hands like you're Holding a mug of Hot chocolate.

(2) Breath in slowly Through your nose, Like you are smelling The cocoa.

(3) Breath out slowly Through your mouth, Like you are trying to Cool the hot chocolate Down.

REPEAT ←

Breathing TECHNIQUE

@@journey_to_wellness_

"Hum like a Bee"

- * Breath in
- * Breath out with your mouth closed, while you hum like a bee.
- * Repeat this breathing sequence for a few minutes.











Illustrate this line of the poem.



Take a look at these places. Colour the places you would like to explore.



