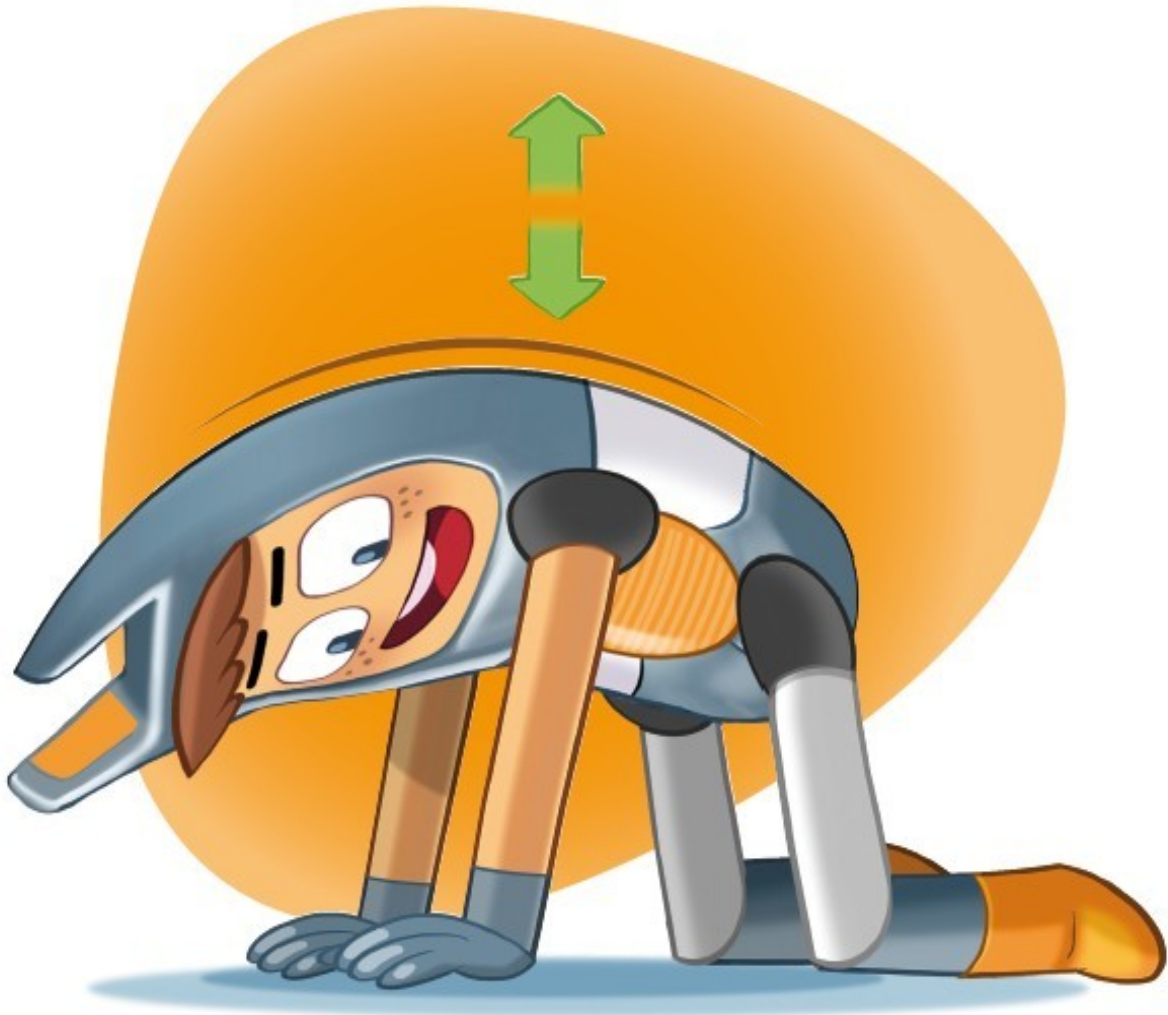


Breathing



I arch my back like a cat while breathing through my nose. I breathe very deeply.

Breathing



I slide my hands down my legs. I breathe at the same time.

Breathing



*I put my hands on my tummy. I breathe with
my stomach five times.*

Breathing



*I slowly make a big ball with my arms. I
breath with my mouth.*

Breathing



I blow on my fingertips.