

CALM BREATHING



STEP ONE:
FIND A COMFY SPOT



STEP TWO:
TAKE A DEEP BREATHE IN YOUR NOSE
WHILE SLOWLY COUNTING TO 5



STEP THREE:
HOLD YOUR BREATHE & COUNT TO 5



STEP FOUR:
SLOWLY BREATHE OUT OF YOUR
MOUTH WHILE COUNTING TO 5.



STEP FIVE:
REPEAT UNTIL CALM