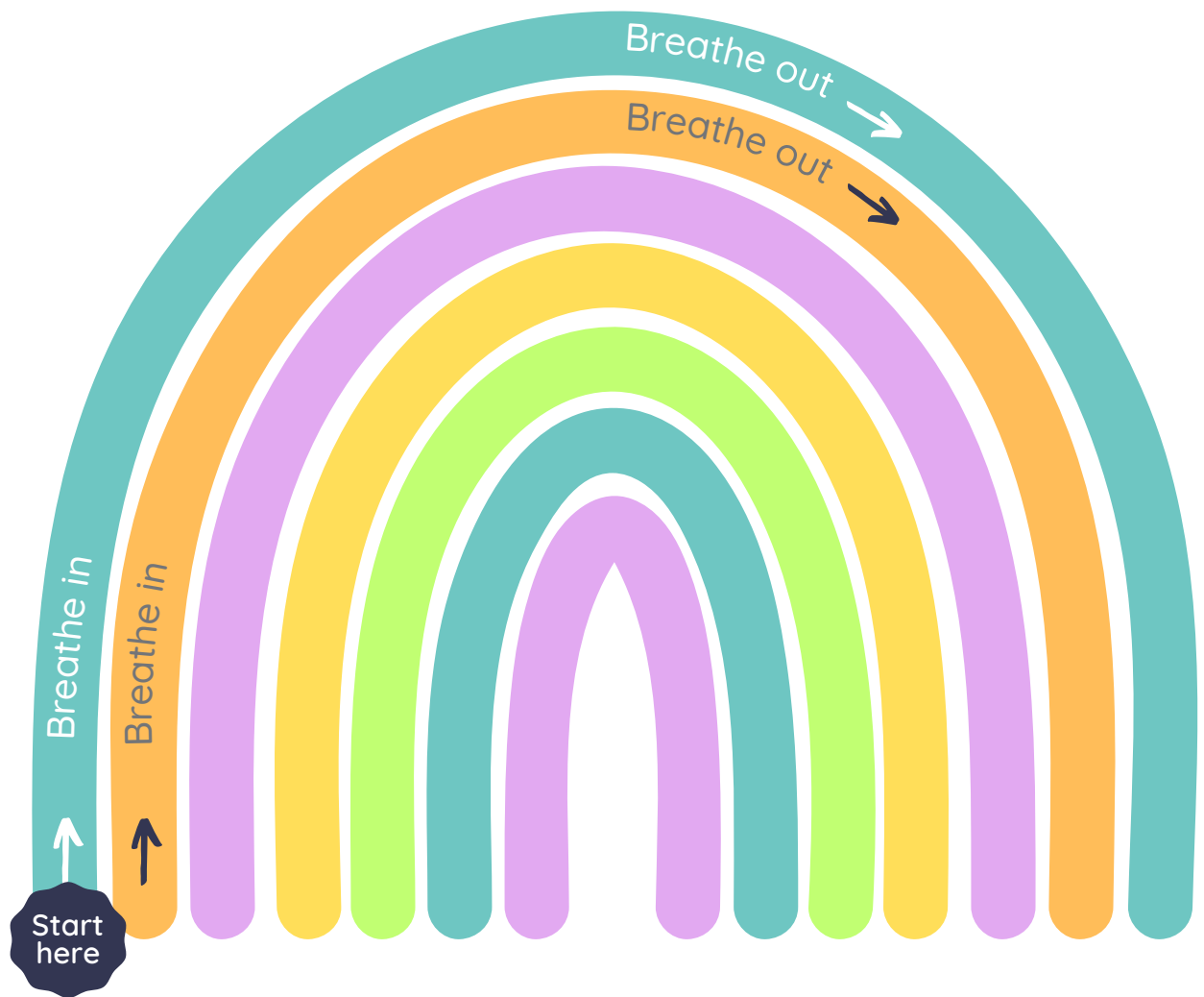


Rainbow Breathing

BRAIN BREAK



Trace the rainbow from one side to the other.
Breathe in as you trace up.
Breathe out as you trace down.
Repeat with each color of the rainbow,
until you feel calm and grounded.