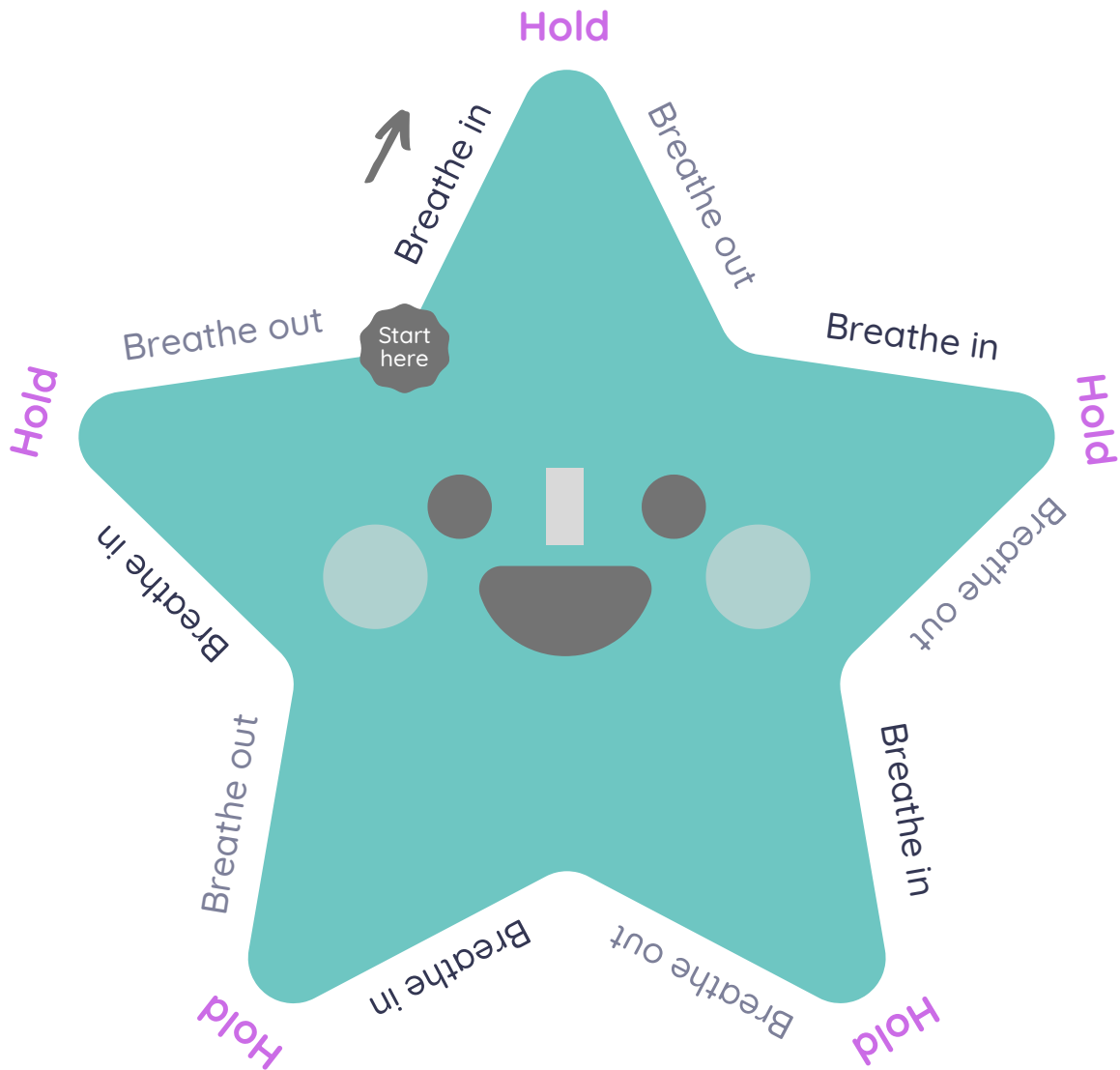


Star Breathing

BRAIN BREAK



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star. Breathe slowly and calmly.