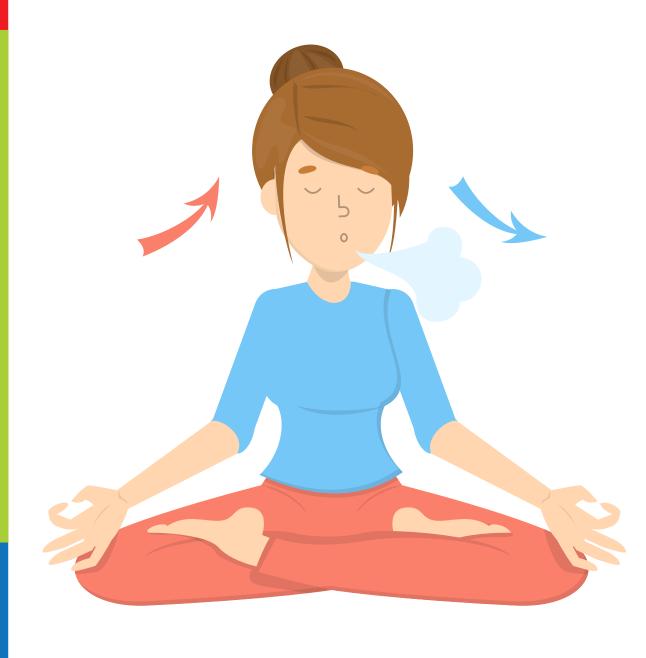
Better Breathing



Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.

Grades 9-12

