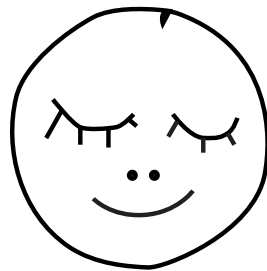
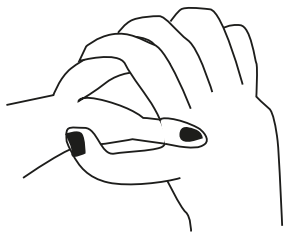


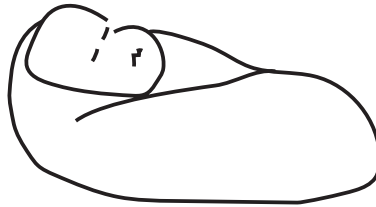
Put your hand on your heart



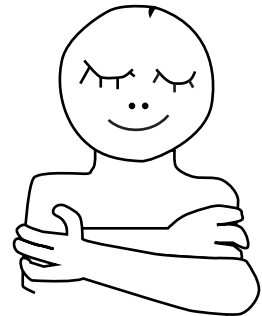
Close your eyes slowly and breathe gently



Hold your hands together until they get warm



Breathing Gently – like a baby



Give yourself a yummy hug

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1 Gentle Breath

2 Gentle Breath

3 Gentle Breath

Counting breathing