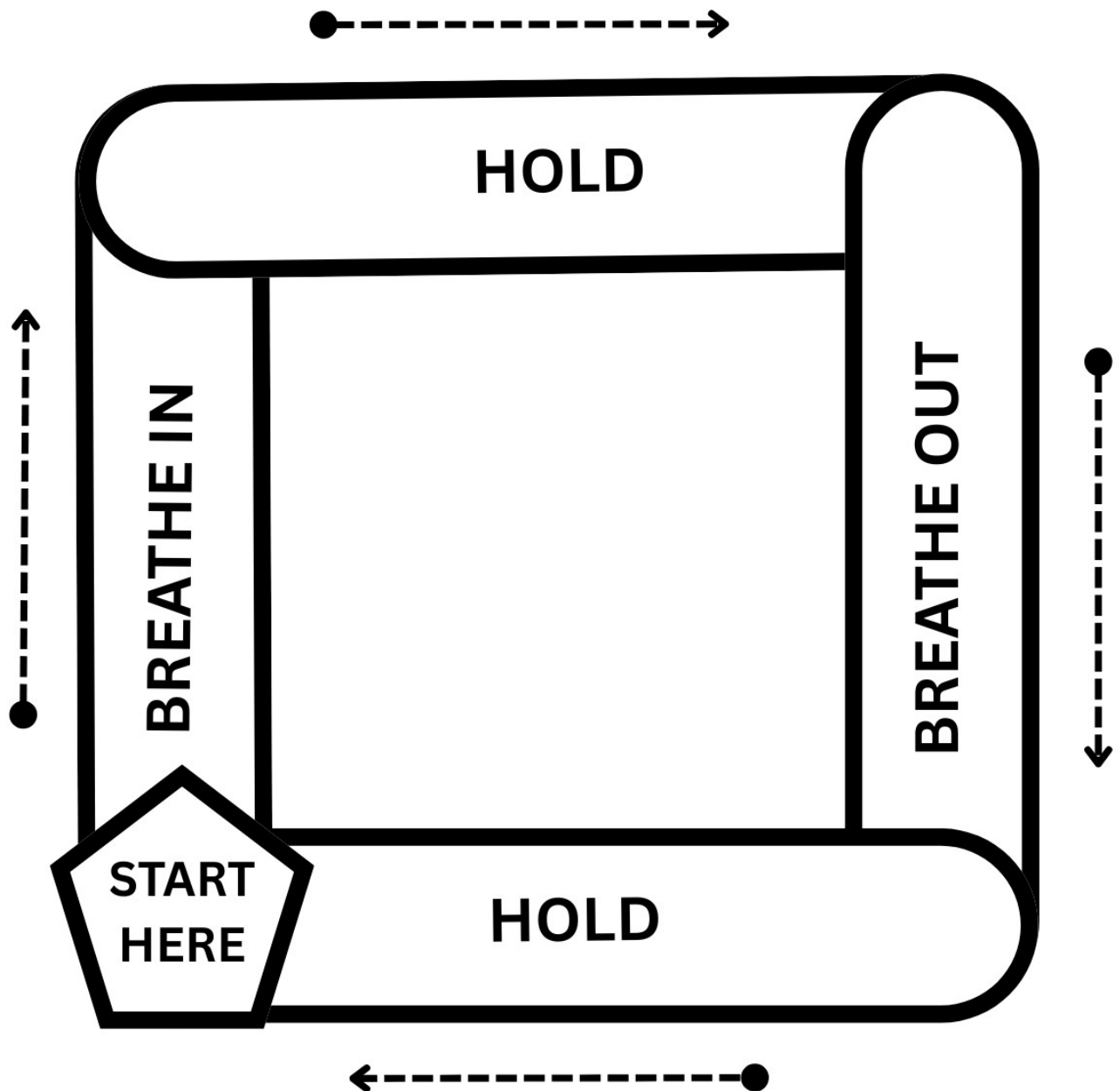


SQUARE BREATHING



Trace with your finger 
Repeat until you feel calm