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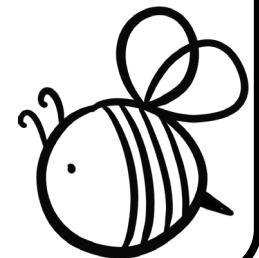
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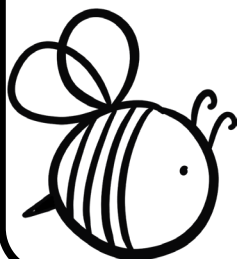




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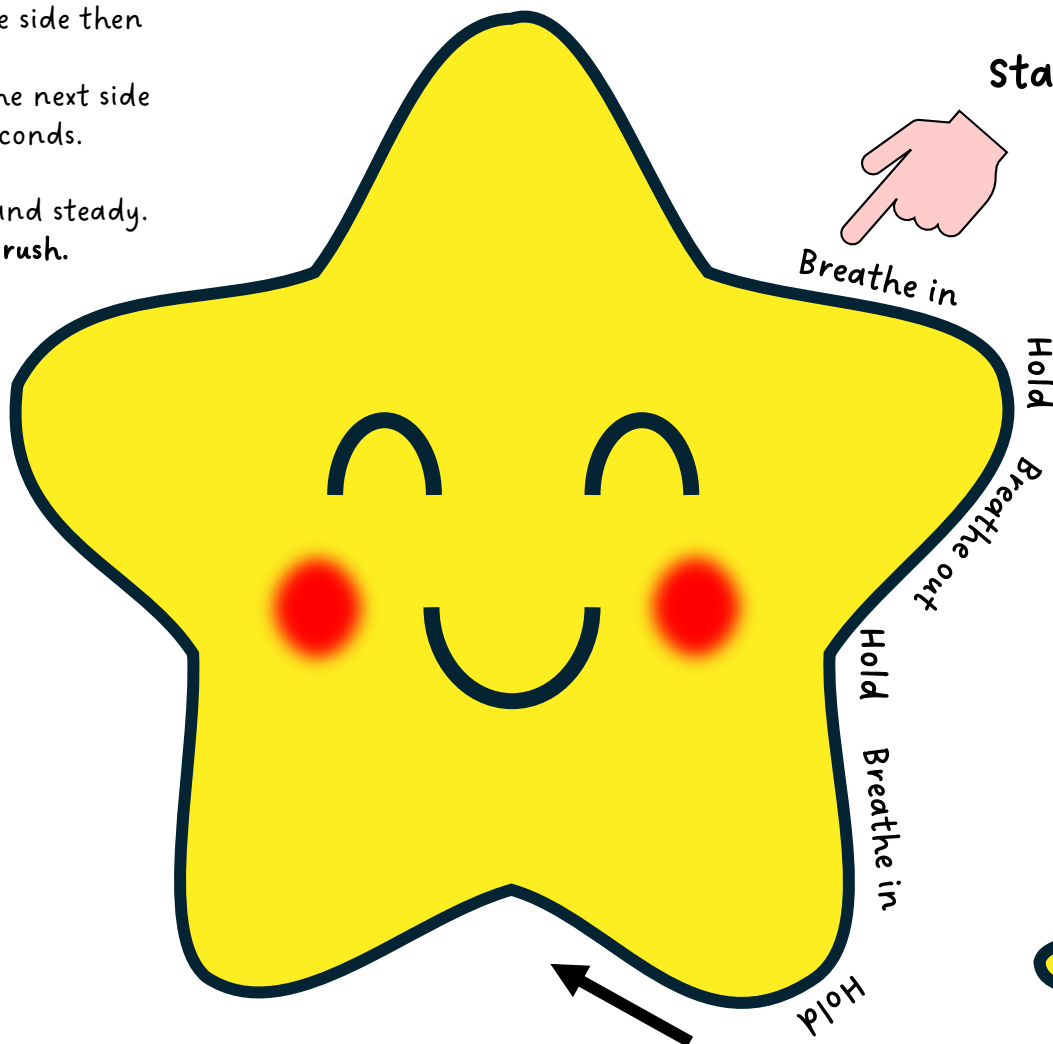


BREATHING STAR



Follow the star with your finger.

- ☐ Breathe in as you move along one side then hold for a couple of seconds.
 - ☐ Breathe out as you move along the next side and then hold for a couple of seconds.
 - ☐ Keep going around the star.
 - ☐ Let your breathing become slow and steady.
- Take your time. There is no need to rush.



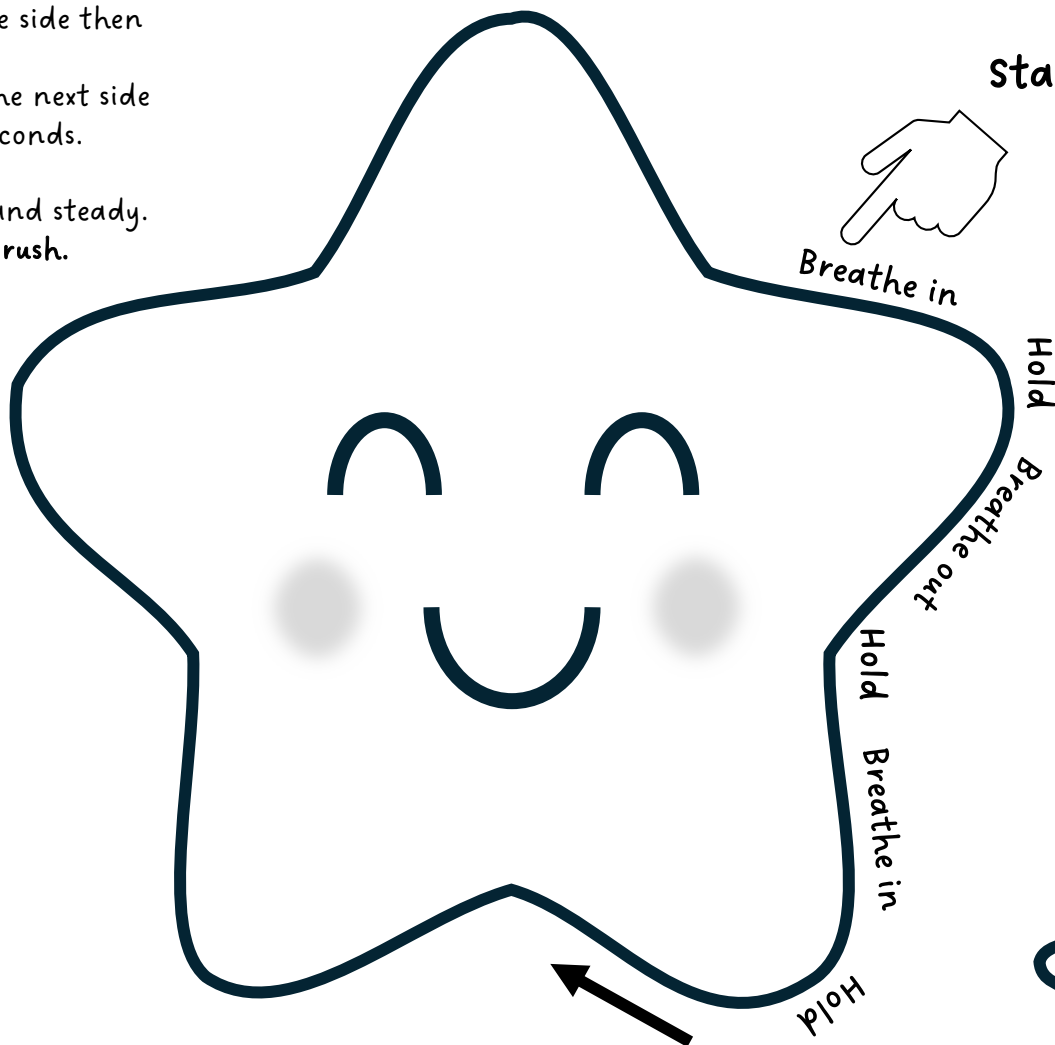
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