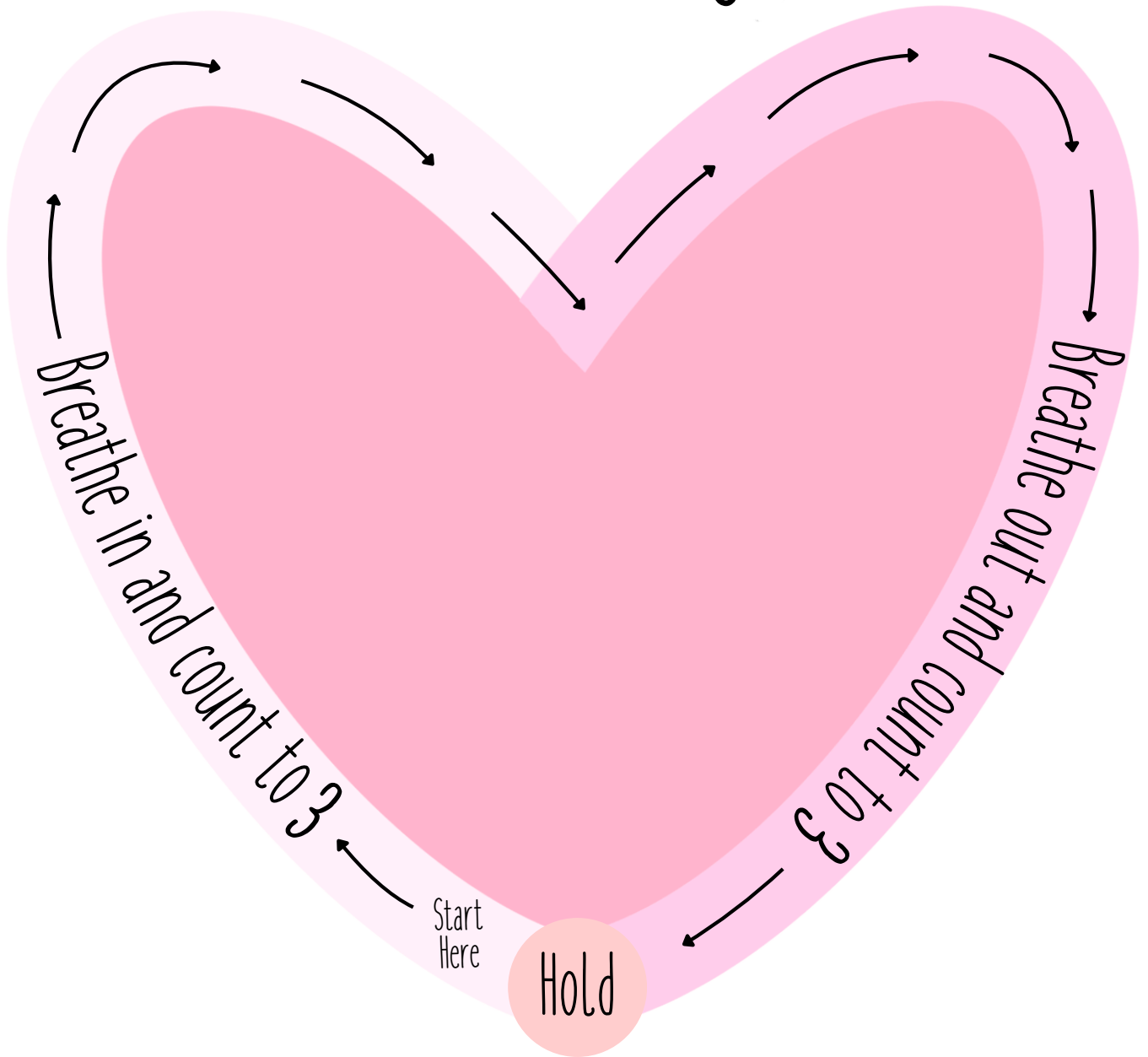


HEART

Breathing



Trace the heart with your finger as you take a deep breath. Repeat 3 times!