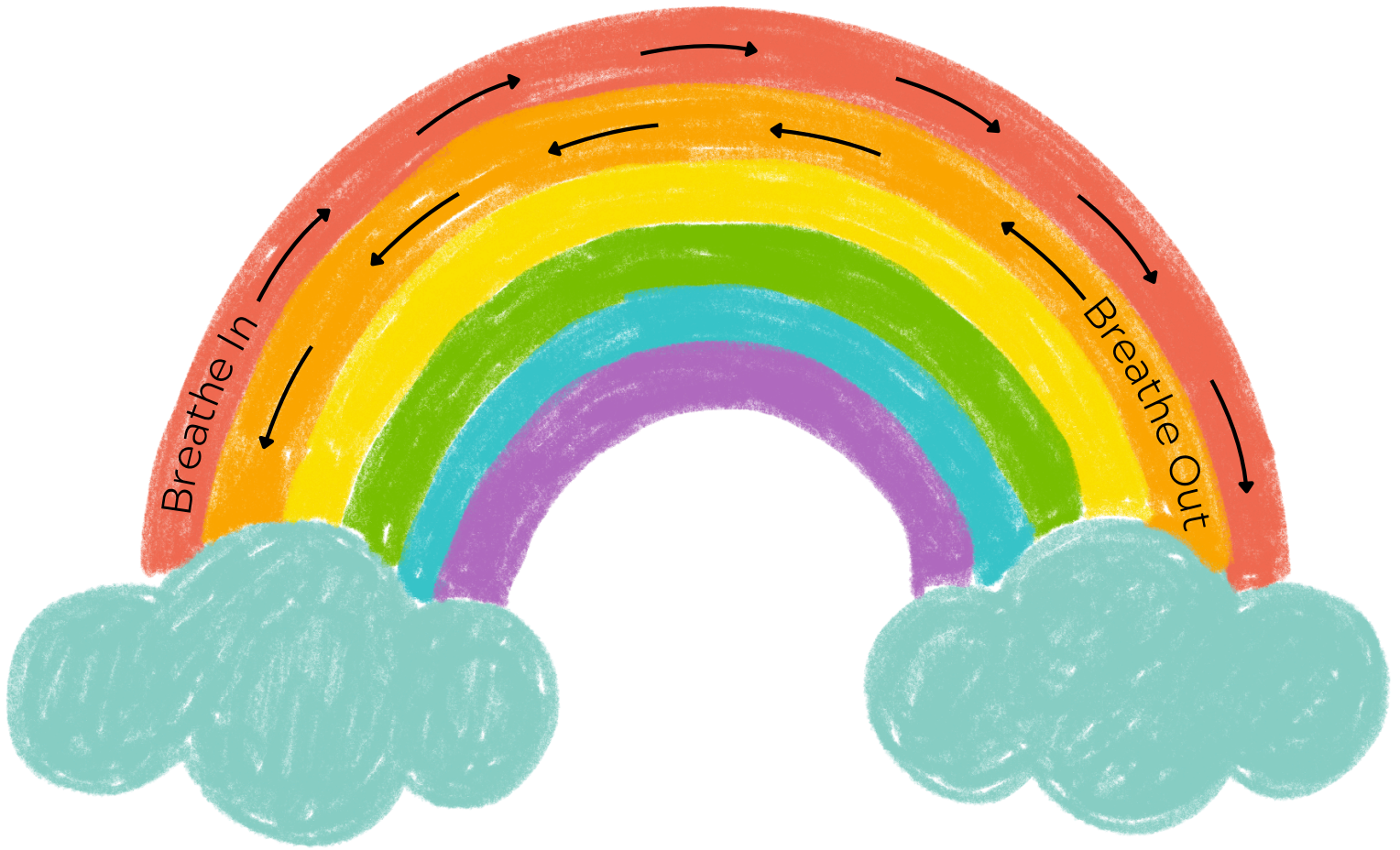


Rainbow Breathing



1. Imagine a Rainbow in front of you, or use the one above.
2. Move your finger from left to right while you trace or draw the rainbow. Breathe in (inhale) as you go.
3. Move your finger from right to left while you trace or draw the rainbow. Breathe out (exhale) as you go.
4. Repeat until your body feels calm and relaxed.