

Star Breathing is included
in the fun and engaging
Sensory Stops Path for
school and home!

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CALMING STOP

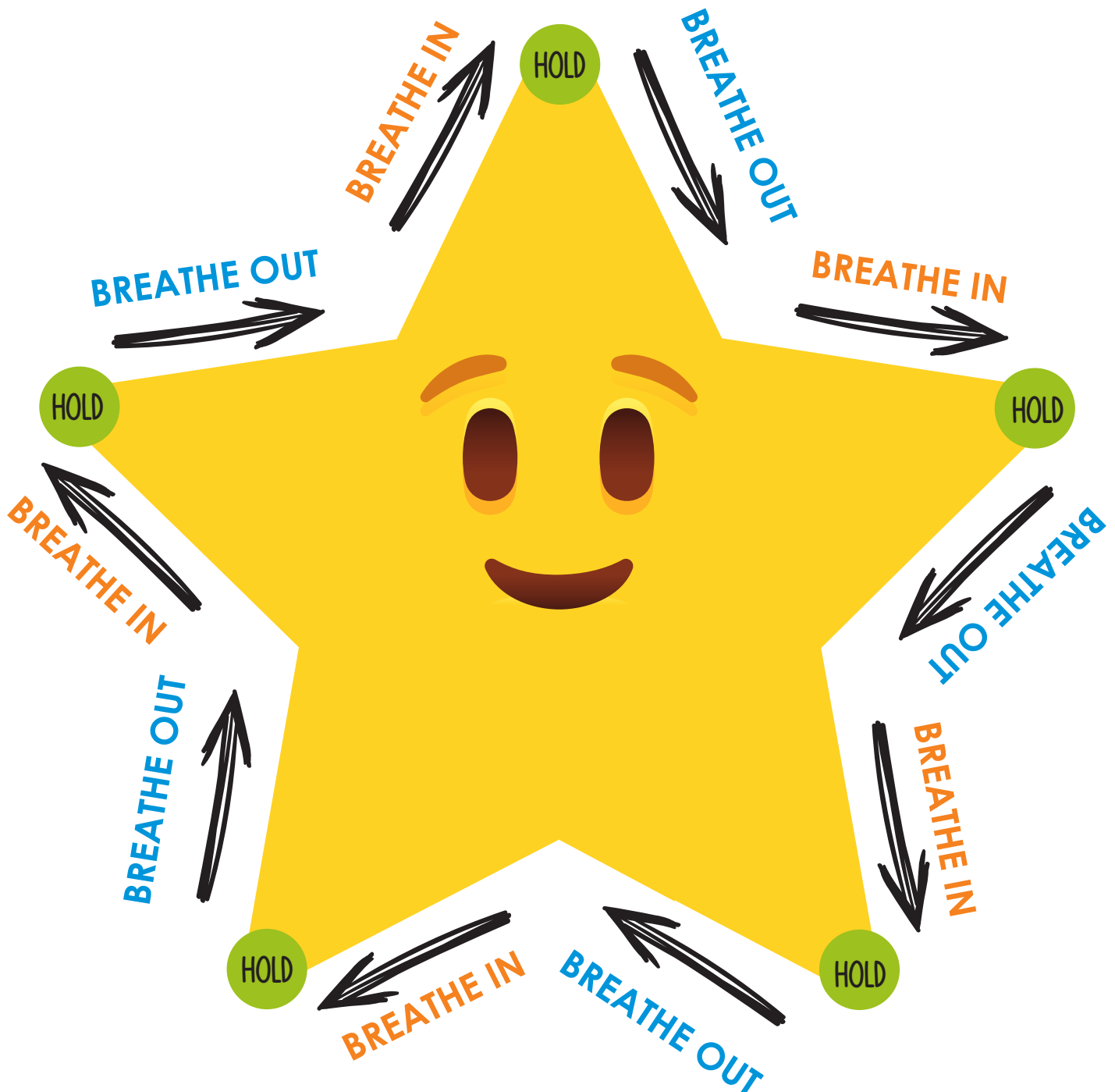


READ THE DIRECTIONS BELOW.

DO YOU HAVE QUESTIONS ABOUT THE EXERCISES?

GO!

Calm down with star breathing. Pick any green circle to begin. Breathe out for a count of 3 - hold the breath for a count of 3 on the green circles - breathe in for a count of 3. Go around the whole star doing your deep breathing until you return to the green circle where you started. Repeat as needed.



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