

BREATHING EXERCISES



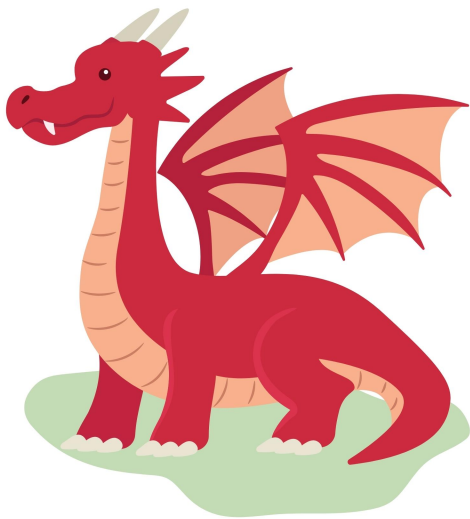
BEE BREATHING

Take a deep breath and exhale through your nose while humming like a bee.



CANDLE BREATHING

Take a deep breath and blow out the candle on the cupcake.



DRAGON BREATHING

Take a deep breath and roar like a dragon to breathe out fire.



BUBBLE BREATHING

Take a deep breath and blow slowly and calmly through the bubble wand to make bubbles.