

Breathing It Out Menu

Pick a strategy to help your body calm down. You can do more than one to help you.

5-Finger



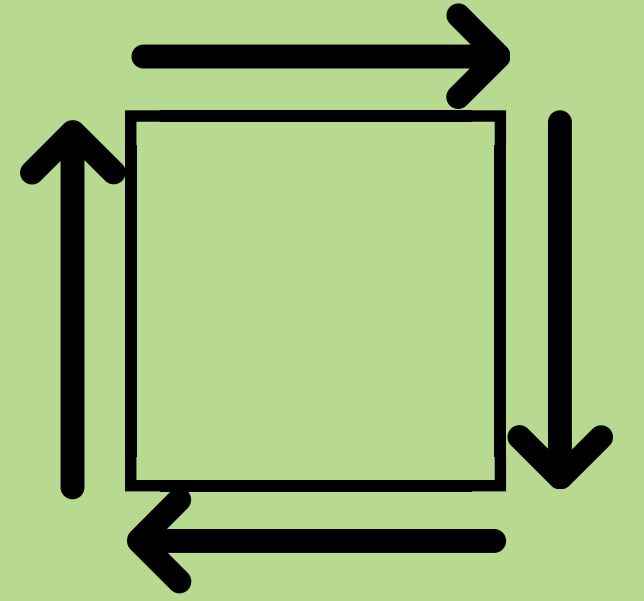
Candle



Flower



Square



Soup



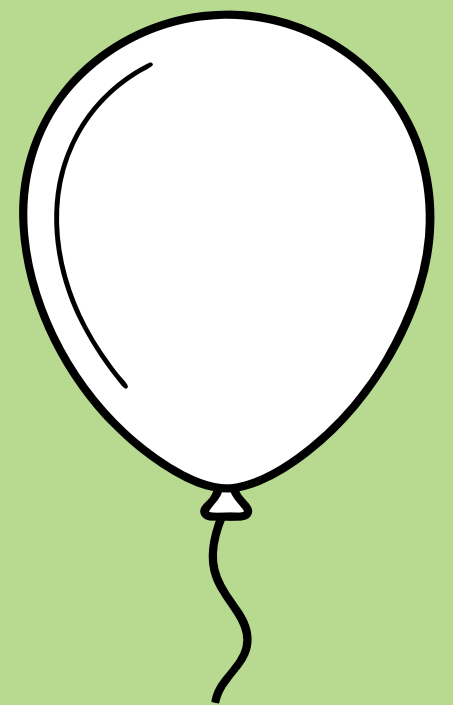
Bunny



Drain



Balloon



Triangle



Color



Rainbow



Bee

