



BEAR BREATH



BUNNY BREATH

1. Breathe In to a count of 1, 2, 3, 4.
2. Hold breath for a count of 1, 2, 3, 4.
3. Breathe out to a count of 1, 2, 3, 4.
4. Hold breath for a count of 1, 2, 3, 4.

1. Breathe In three quick sniffs.
2. Let your breath out slowly out the mouth.
3. Repeat three times.