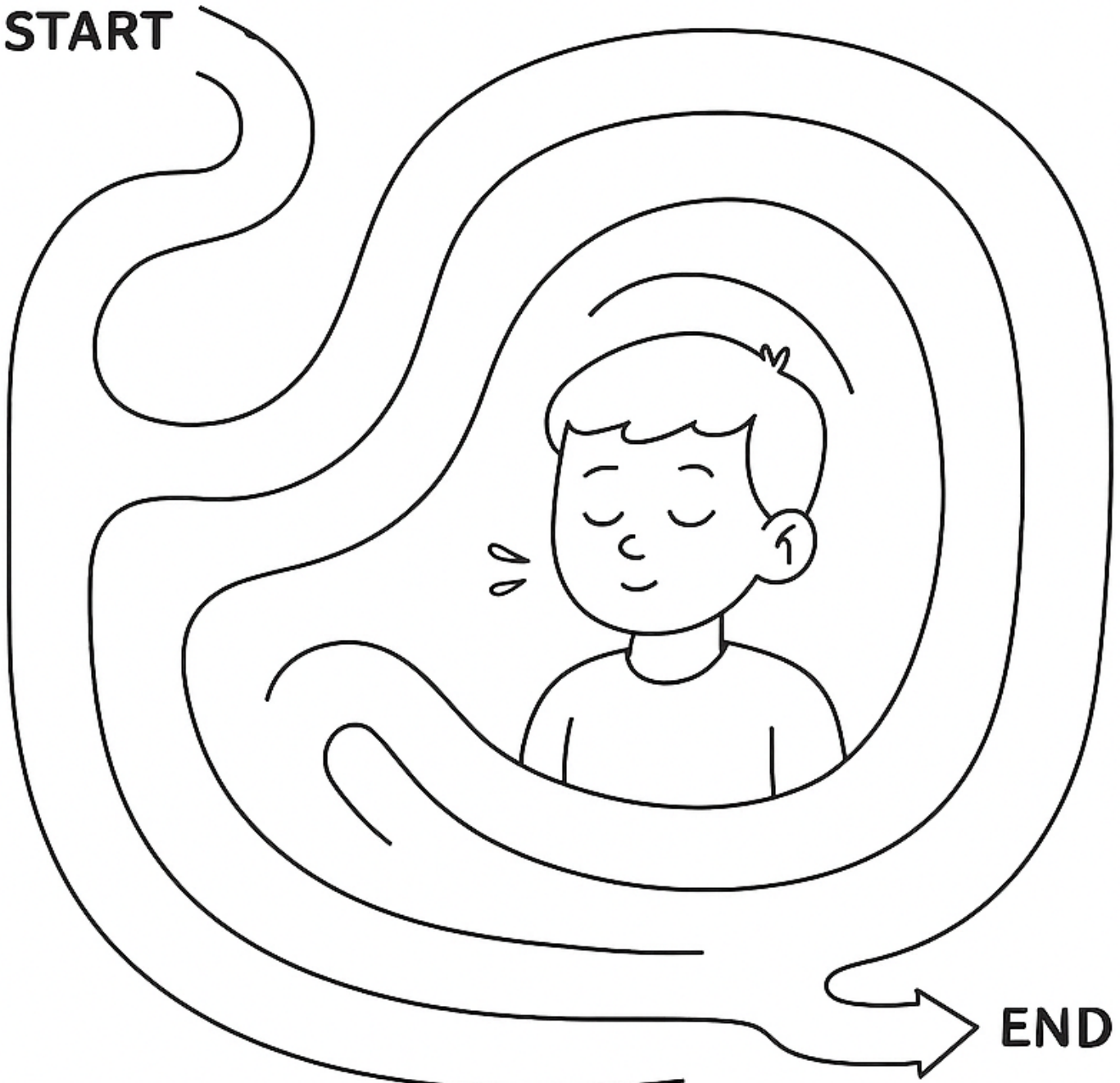


Mindful Breathing Maze

Trace the paths slowly as you breathe in through your nose for 4 counts and out through your mouth for 4 counts. Keep up your mindful breathing as you trace different paths!

START



How do you feel after breathing through the maze?
