

FLOWER BREATHING

Instructions:

- 1:** Draw a stem starting at the bottom of our paper up towards the middle of our paper. Add leaves on the stem if you want to.
- 2:** Draw the center of a flower on top of the stem.
- 3:** Draw flower petals around the circle.
- 4:** Draw a curved arrow around each flower petal. These will help us take deep breaths.
- 5:** Now use this flower to practice taking deep breaths
- 6:** Trace two flower petals while taking a deep breath in. Then, take a deep breath out when tracing the next two flower petals. continue tracing the petals for a few minutes to practice these deep breaths.

Supplies Needed

- Paper
- Markers, Crayons, or Colored Pencils

