

DRAW YOUR BREATH

Instructions:

- 1:** With the marker in the middle of the paper, breath in and draw a line in any direction.
- 2:** Without removing the marker from the paper, breath out and draw a line in another direction.
- 3:** Keep drawing lines with each breath in and each breath out.
- 4:** After about 30 breath cycles, remove your marker from the page.
- 5:** Now, fill in the shapes you've created with your breath lines. Get creative with colors, patterns, and other designs within your breath lines.

Supplies Needed

- Paper
- Markers, Crayons, or Colored Pencils

