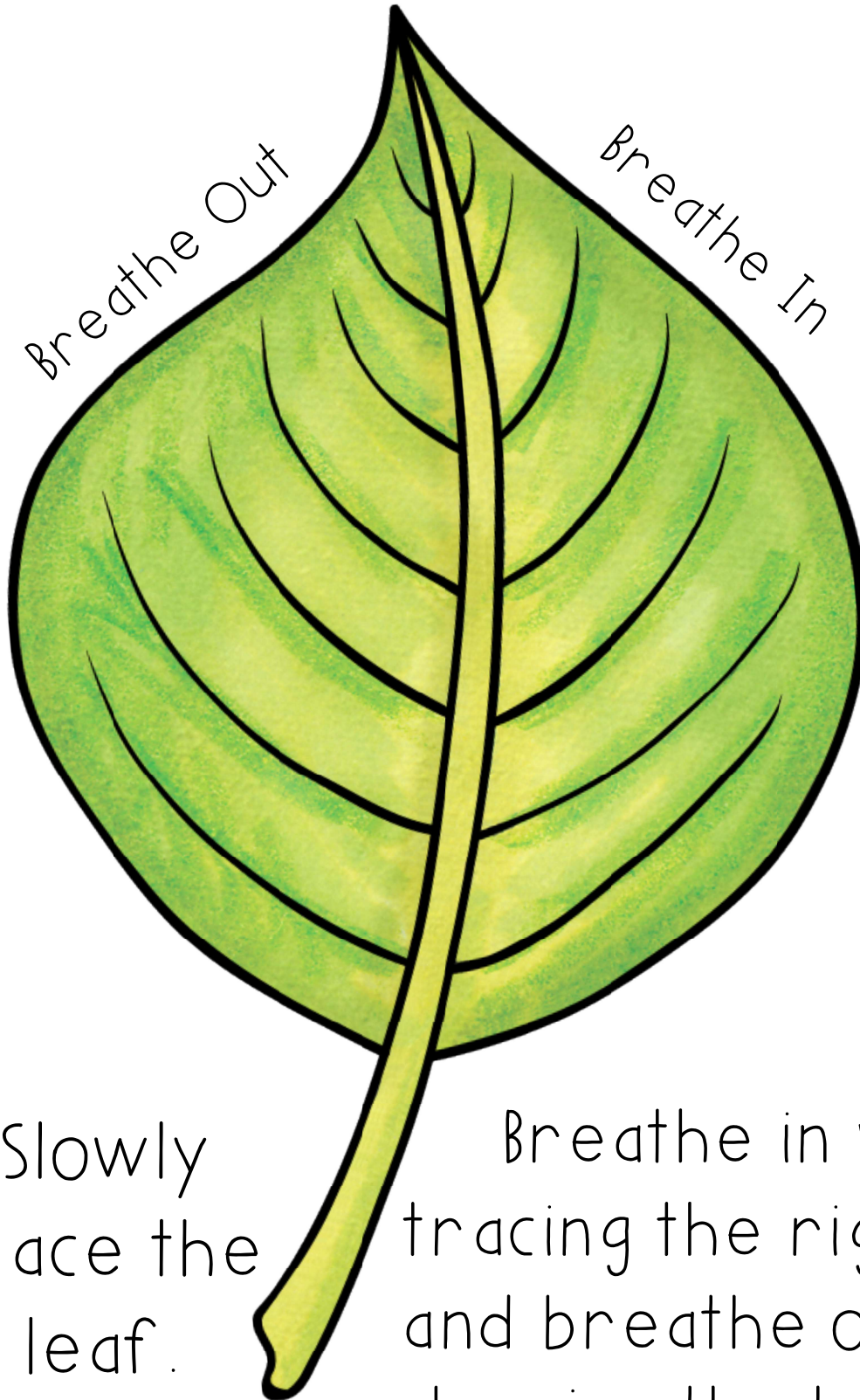


Leaf Breathing



Slowly
trace the
leaf.

Breathe in while
tracing the right side,
and breathe out while
tracing the left side.