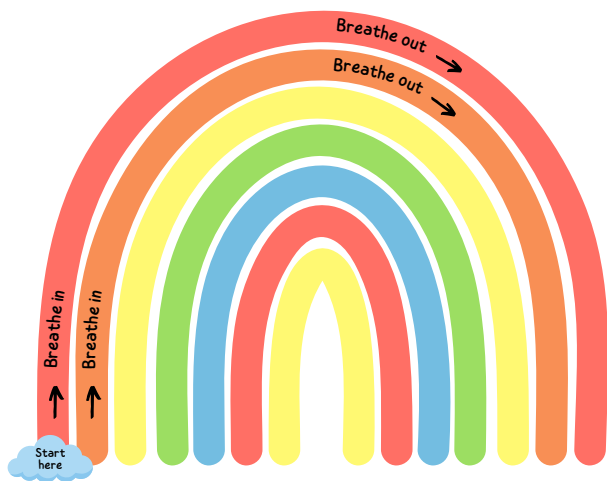


# RAINBOW BREATHING



Place your finger on the cloud.  
Breathe in and trace finger to the middle of the rainbow.  
Once you reach the middle, breathe out as you trace to the end.  
Move to the next color and repeat to help you COOL down.



@The.Sky.Within.You