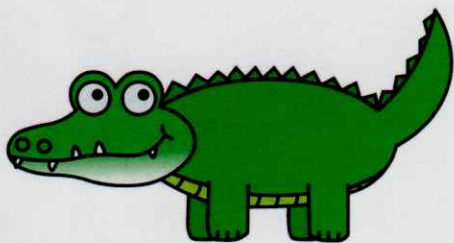




Butterfly Breathe

Breathe in through your nose and like a butterfly open your wings.

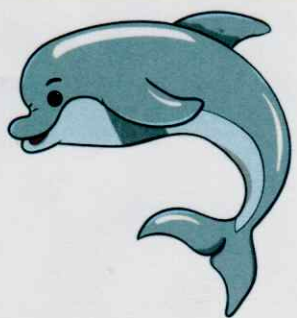
Breathe out through your mouth and like a butterfly close your wings.



Crocodile Breath

Breathe in through your nose and like a crocodile open your jaw.

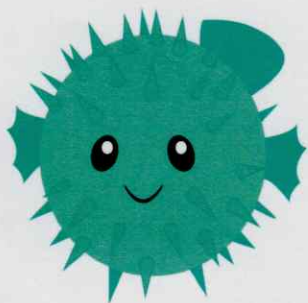
Breathe out through your mouth and like a crocodile close your jaw.



Dolphin Breathe

Breathe in through your nose and like a dolphin jump out of the sea.

Breathe out through your mouth and like a dolphin dive into the sea.



Pufferfish Breath

Breathe in through your nose and like a pufferfish tummy puffs out.

Breathe out through your mouth and like a pufferfish tummy sinks down.