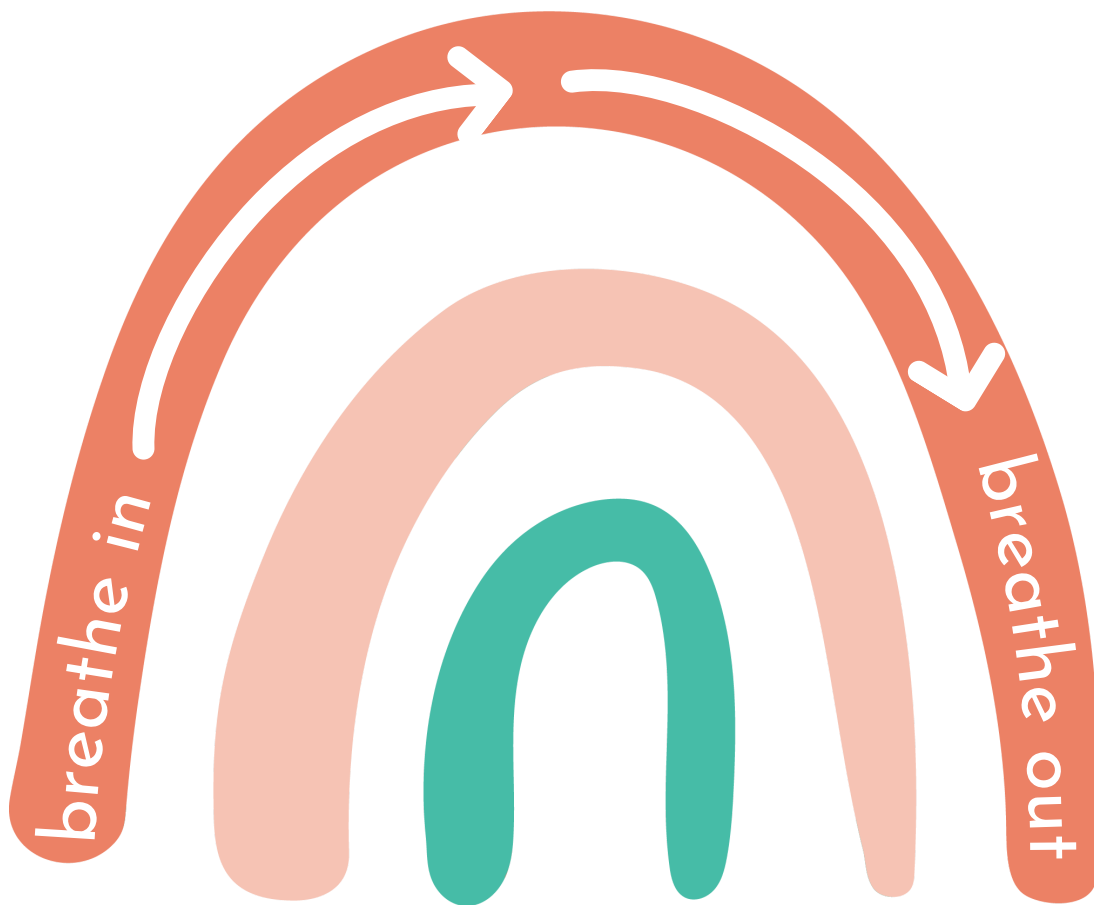


✦ ✦ *breathwork* ✦ ✦

# Mindfulness Activity



Trace the rainbow with your finger while you breathe in and out.

