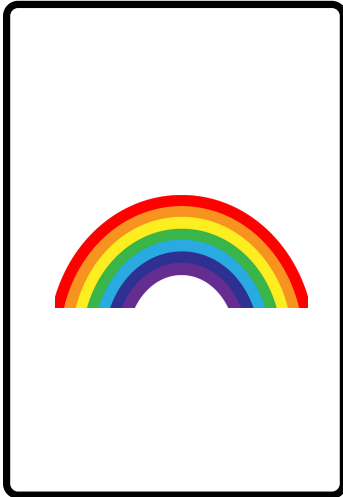


# Mindfulness

## Instructions:

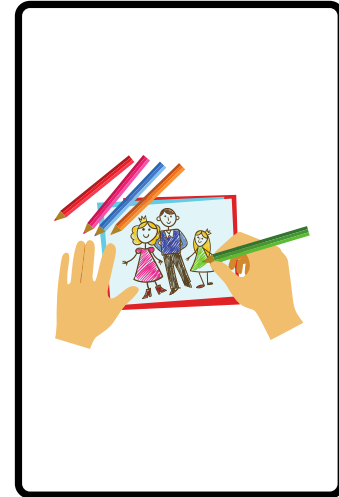
- Practice breathing using the Rainbow visual with your child, partner or friend. instructions are on the bottom of the page.
- Play soft music or go outside, focus on your senses
- Use the scented Colored pencils or art materials you have at home to complete the coloring pages.



1



2



3

# RAINBOW BREATHING



**Place your finger on the star. Trace along each rainbow colors with your finger as you breathe in and out.**