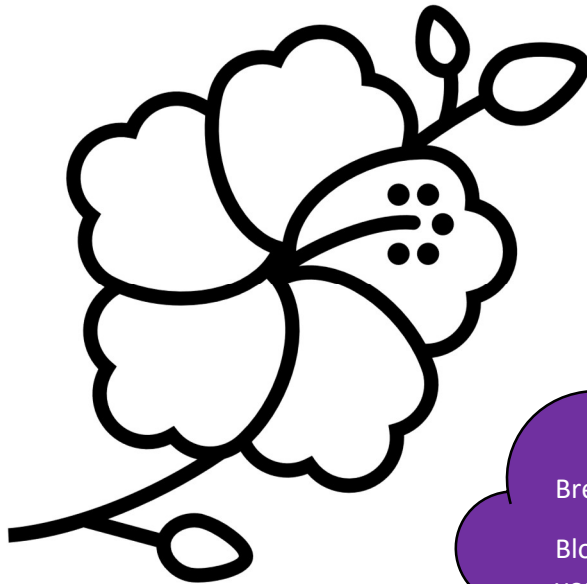


Flower Breathing for calming

What colour is your flower?

Colour it in.



Breathe IN

Smell the flower in your hand.

Breathe OUT

Blow the leaf away with your breath.

