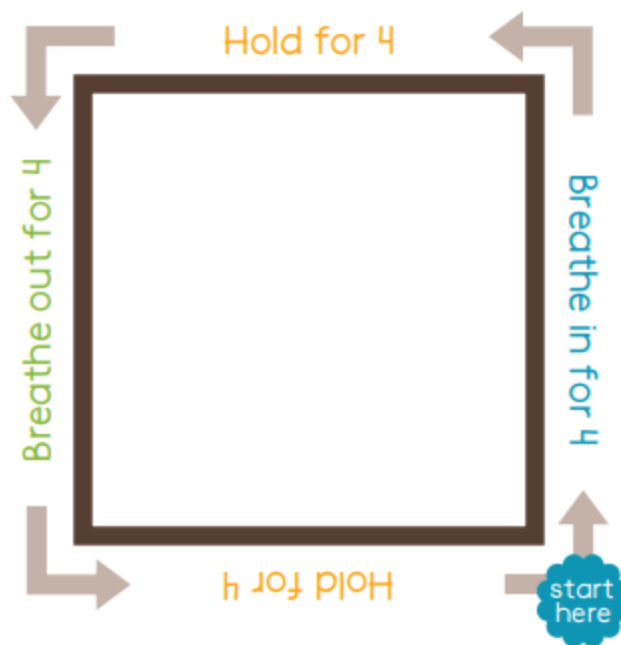


## Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



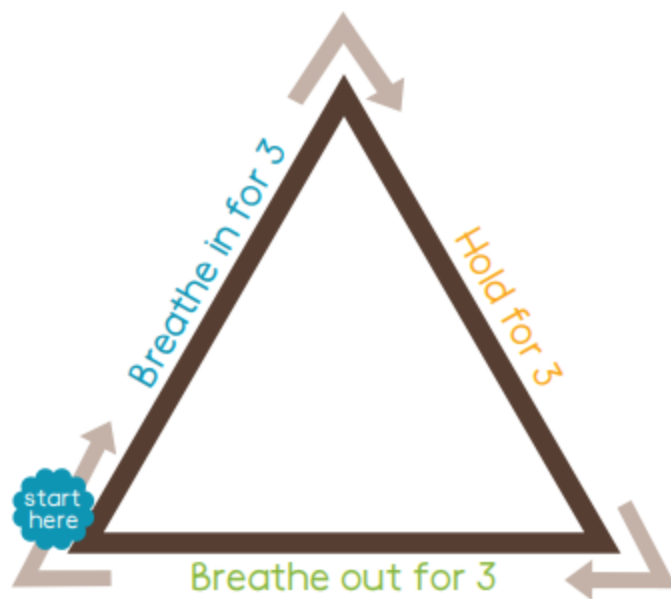
## Star Breathing

Start at any "Breathe in" side,  
hold your breath at the point, then breathe out.  
Keep going until you've gone around the whole star.



## Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



## Star Breathing

Start at any "Breathe in" side,  
hold your breath at the point, then breathe out.  
Keep going until you've gone around the whole star.



**Z z**

**Zippity Zoo Zah**

**Zippity Zay.**

**Zachery Zebra**

**Zip zaps every day.**

**He zips in the zoo,**

**And he zaps all the way.**

**Zippity Zoo Zah,**

**Zippity Zay.**



Tune: Zippity Do Dah