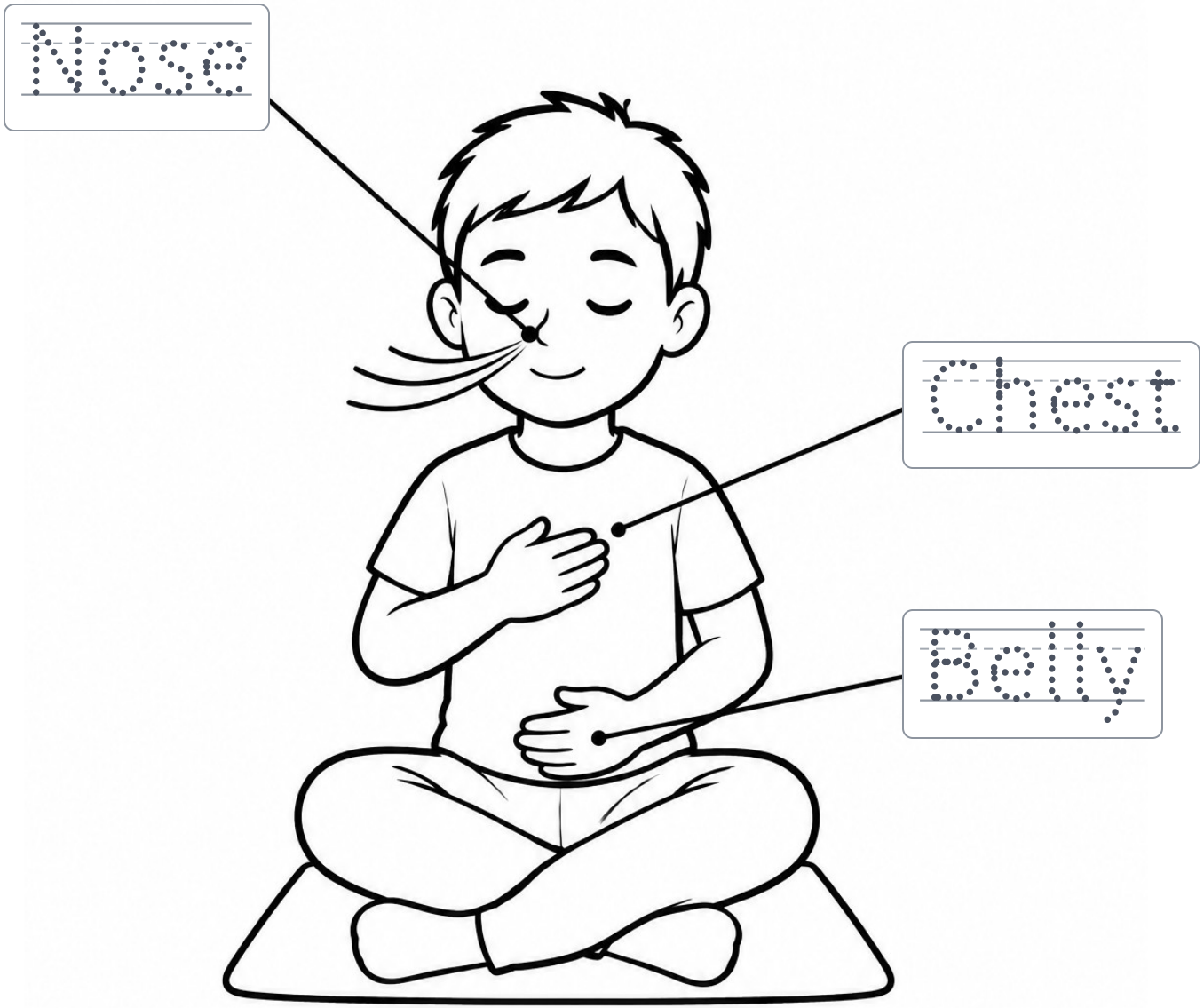
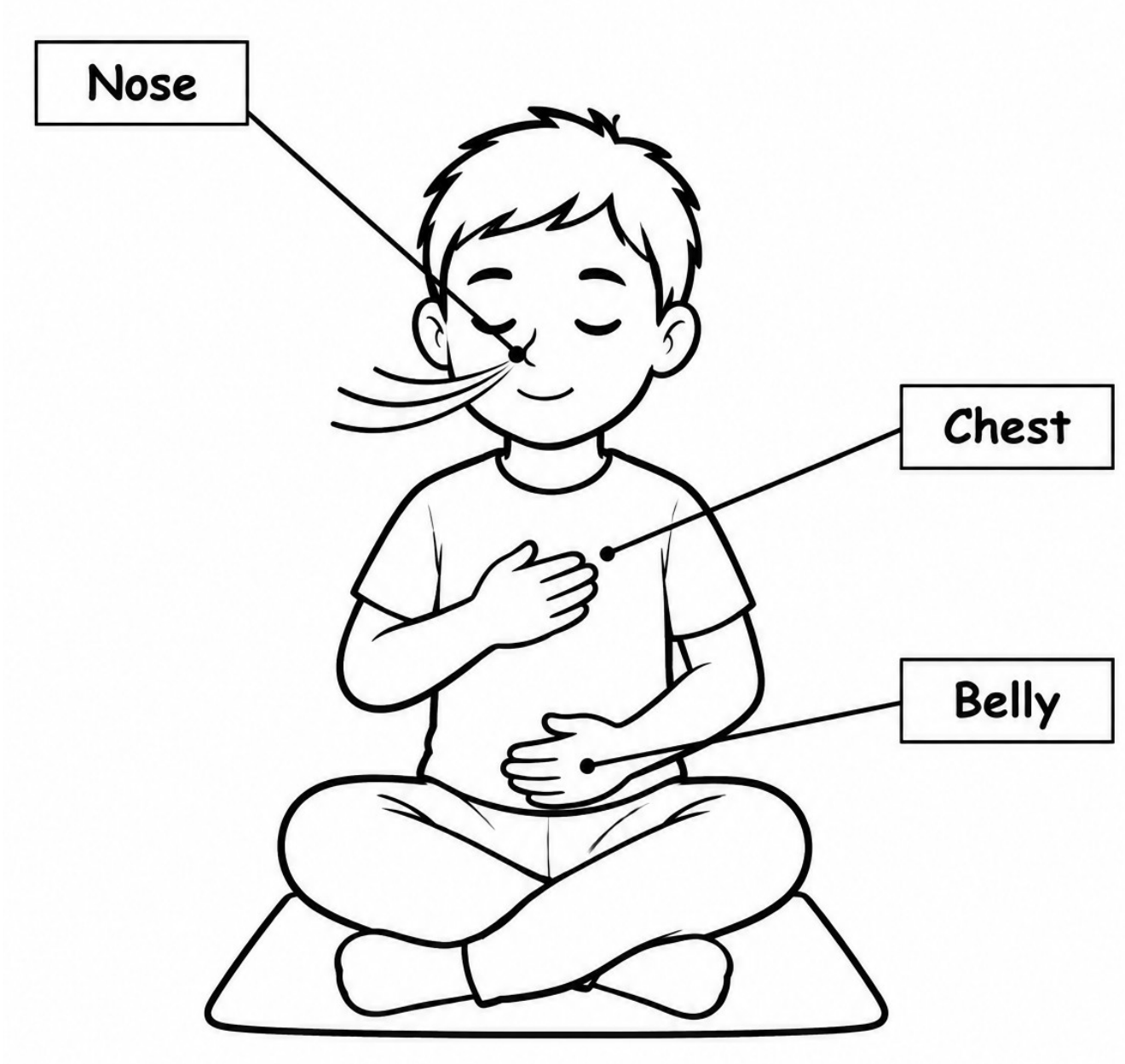
Trace the words. Then color the picture.

Name _____ Date _____

Mindful Belly Breathing



Mindful Belly Breathing



Mindful Belly Breathing

