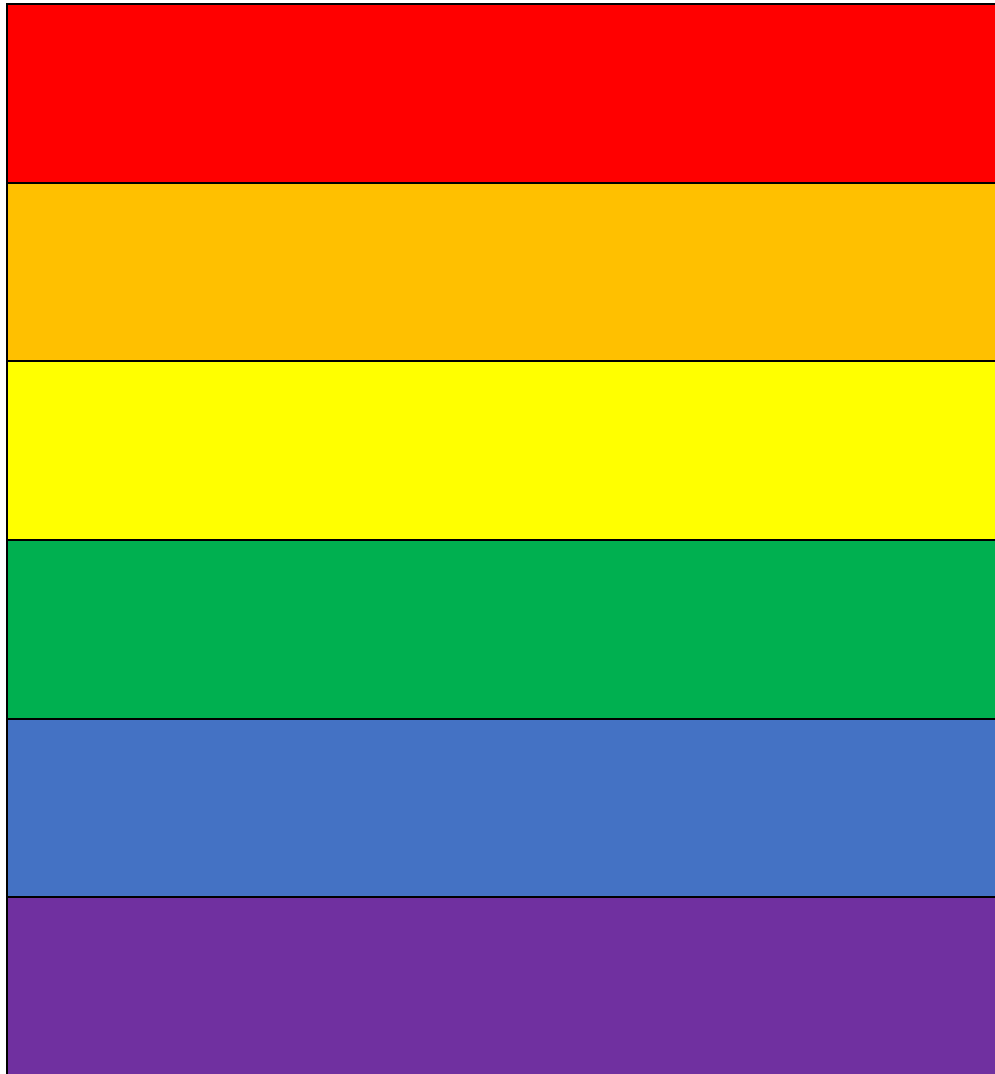


# Breathe The Rainbow



Print this page and place in a calm area like the bedroom. Always start with Red.

Take a deep breath. Focus on something Red. Let out breath. Name the Red item out loud.

Take a deep breath. Focus on something Orange. Let out breath. Name the Orange item out loud.

Take a deep breath. Focus on something Yellow. Let out breath. Name the Yellow item out loud.

Take a deep breath. Focus on something Green. Let out breath. Name the Green item out loud.

Take a deep breath. Focus on something Blue. Let out breath. Name the Blue item out loud.

Take a deep breath. Focus on something Purple. Let out breath. Name the Purple item out loud.