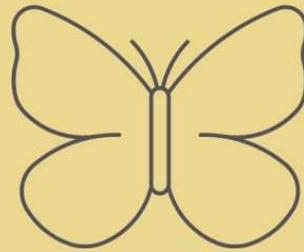


# Butterfly Breathing



Step 1: Make your butterfly wings and hold them away from your chest.



Step 2: Move your wings toward you, hugging yourself as you breathe in. Hold for 1 second.



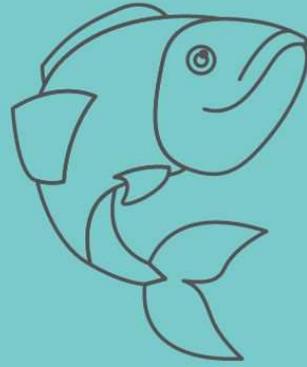
Step 3: Move your wings away from your chest slowly as you breathe out.



Great work! Repeat as many times as you would like!



# Walleye Breathing



Step 1: Create your walleye fin and place it on your forehead.



Step 2: Move your fin towards your belly as you breathe in slowly. Hold for 1 second.



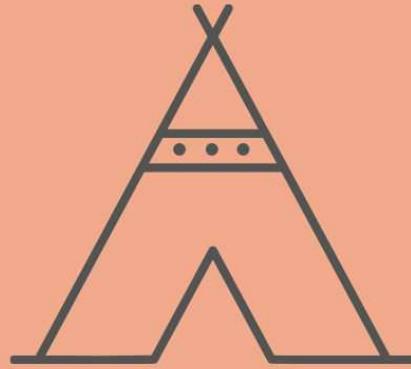
Step 3: Move your fin back up towards your forehead as you breathe out.



Great work! Repeat as many times as you would like!



# Teepee Breathing



Step 1: Lay your hands flat and join the tips of your fingers together.



Step 2: Build your teepee and breath in slowly. Hold for 1 second.



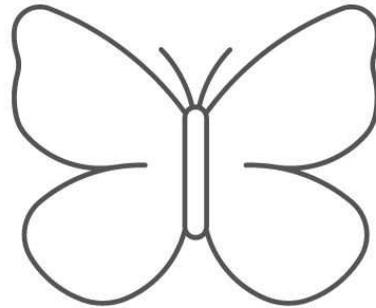
Step 3: Flatten your teepee and breathe out.



Great work! Repeat as many times as you would like!



# Butterfly Breathing



Step 1: Make your butterfly wings and hold them away from your chest.



Step 2: Move your wings toward you, hugging yourself as you breathe in. Hold for 1 second.



Step 3: Move your wings away from your chest slowly as you breathe out.



Great work! Repeat as many times as you would like!



# Walleye Breathing



Step 1: Create your walleye fin and place it on your forehead.



Step 2: Move your fin towards your belly as you breathe in slowly. Hold for 1 second.



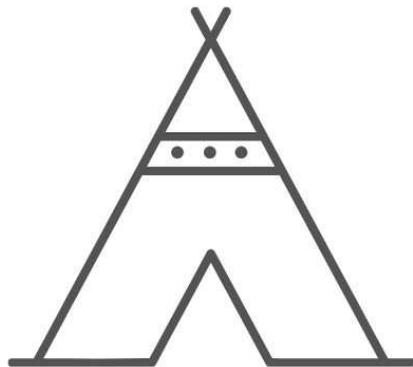
Step 3: Move your fin back up towards your forehead as you breathe out.



Great work! Repeat as many times as you would like!



# Teepee Breathing



Step 1: Lay your hands flat and join the tips of your fingers together.



Step 2: Build your teepee and breath in slowly. Hold for 1 second.



Step 3: Flatten your teepee and breathe out.



Great work! Repeat as many times as you would like!

