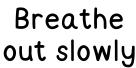
## Snowman Mindful Breathing

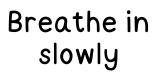
Snowman Tree breathing is a relaxing way to practise deep breathing. Start on the bright blue snowflake and follow the instructions to breathe in slowly then hold your breath and count to 3 before breathing out slowly. Repeat this until you have completed the whole Snowman. You can repeat this until you feel calm and ready.























Breathe in

slowly

