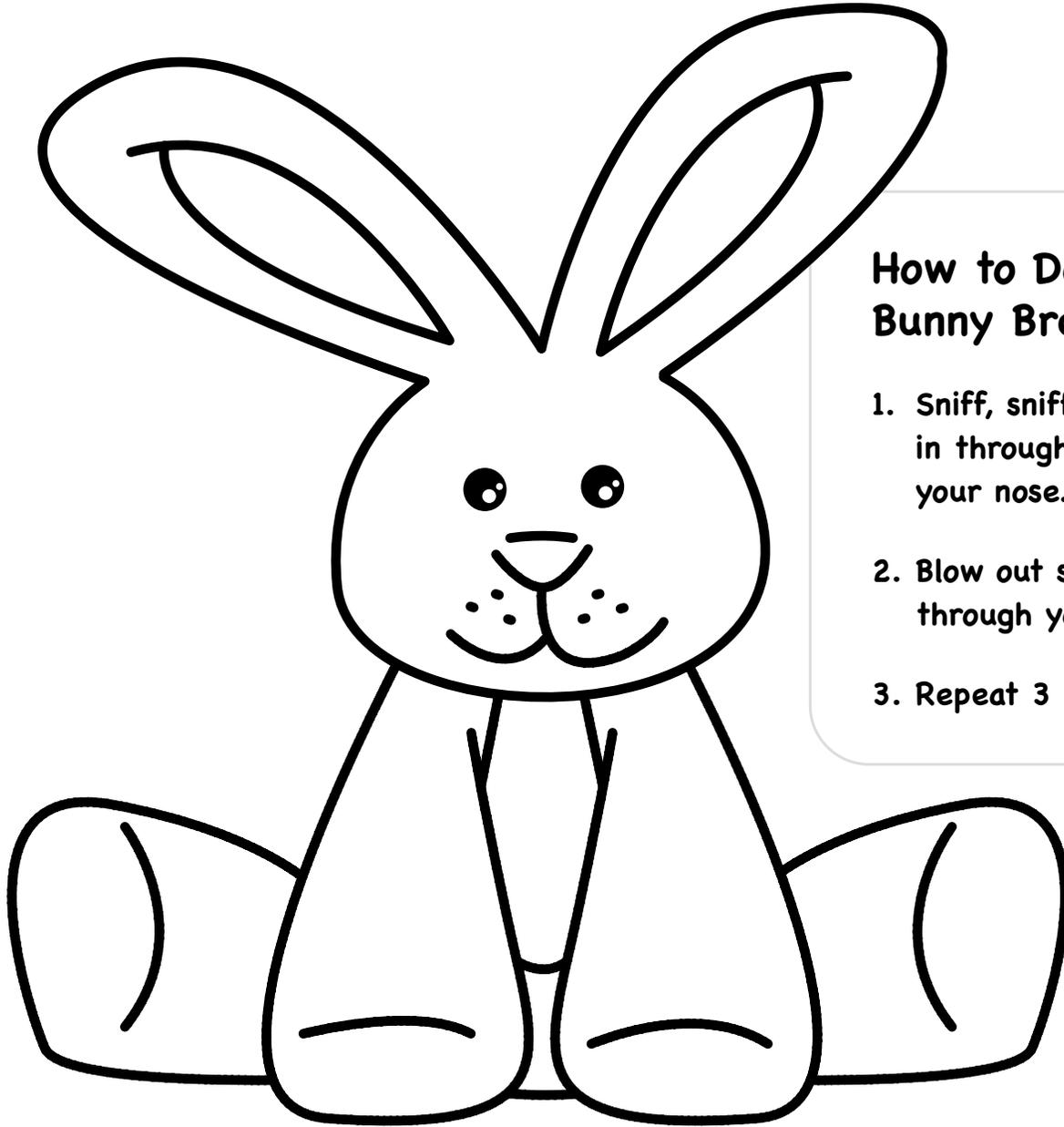


Bunny Breath

Color the bunny below. Then practice Bunny Breaths.



How to Do Bunny Breaths:

1. Sniff, sniff, sniff — in through your nose.
2. Blow out slowly through your mouth.
3. Repeat 3 times.

FAMILY CONNECTION!

Help your child find their calm space.



A summary of today's lesson! ↗