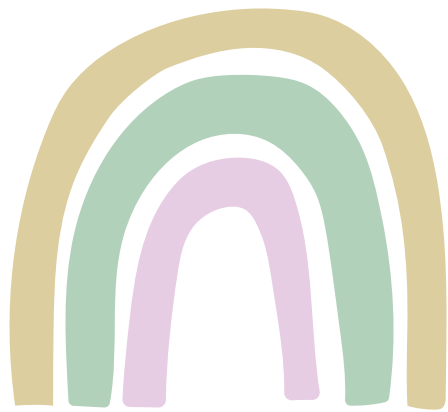


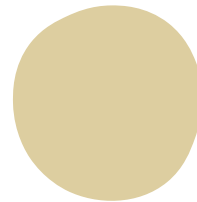
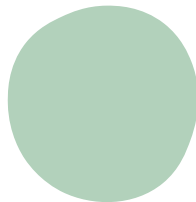
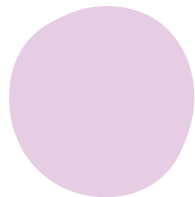
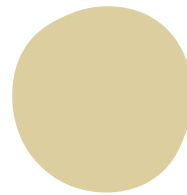
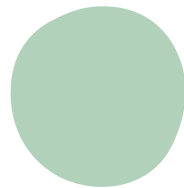
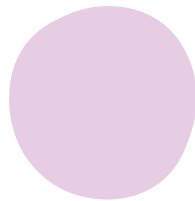
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Calming Corner



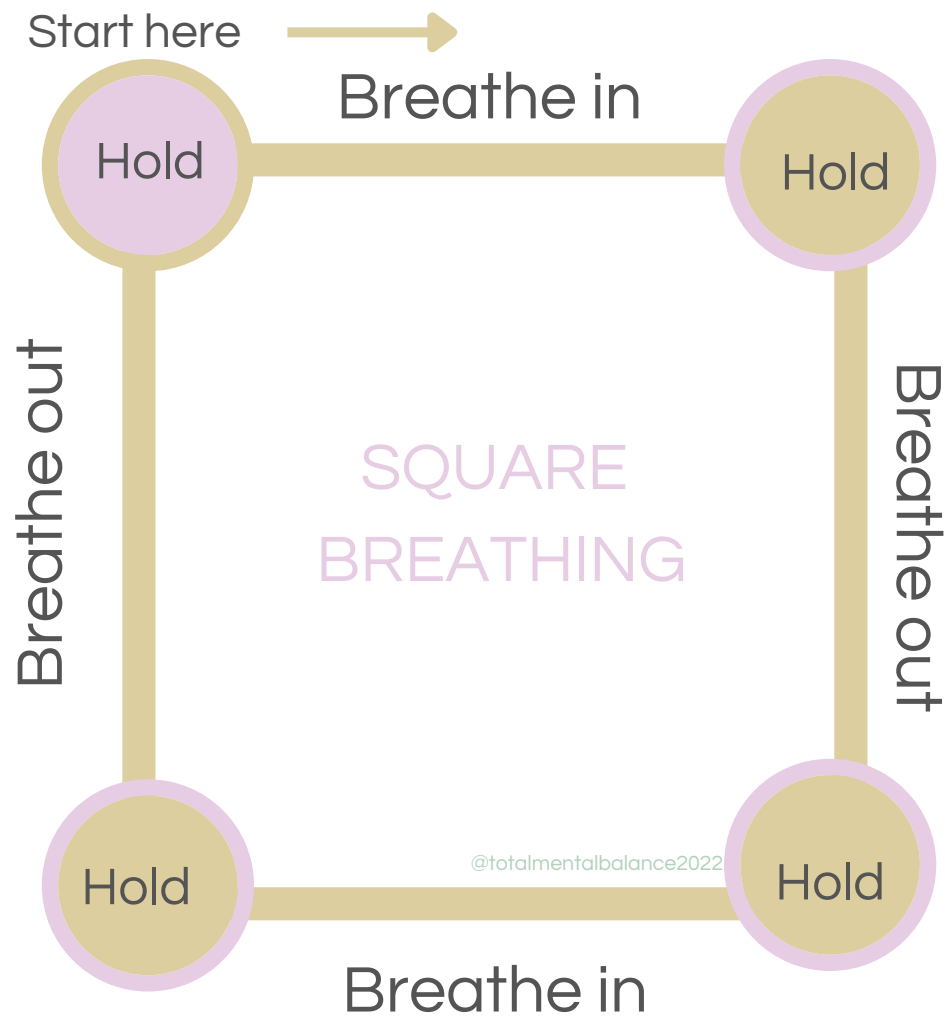
RAINBOW

GROUNDING TECHNIQUE

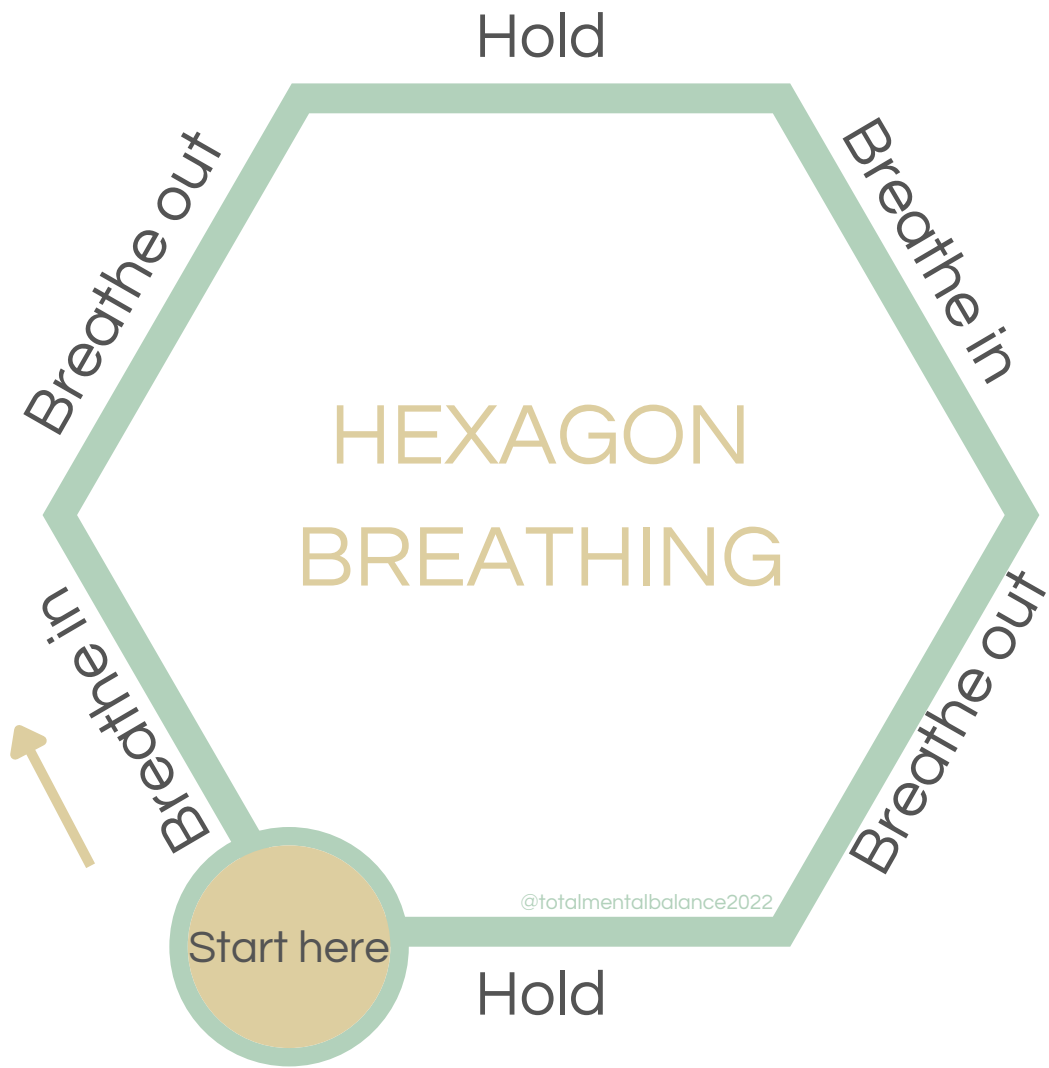


Take a deep breath, look around
and try to find the colors above in
order.

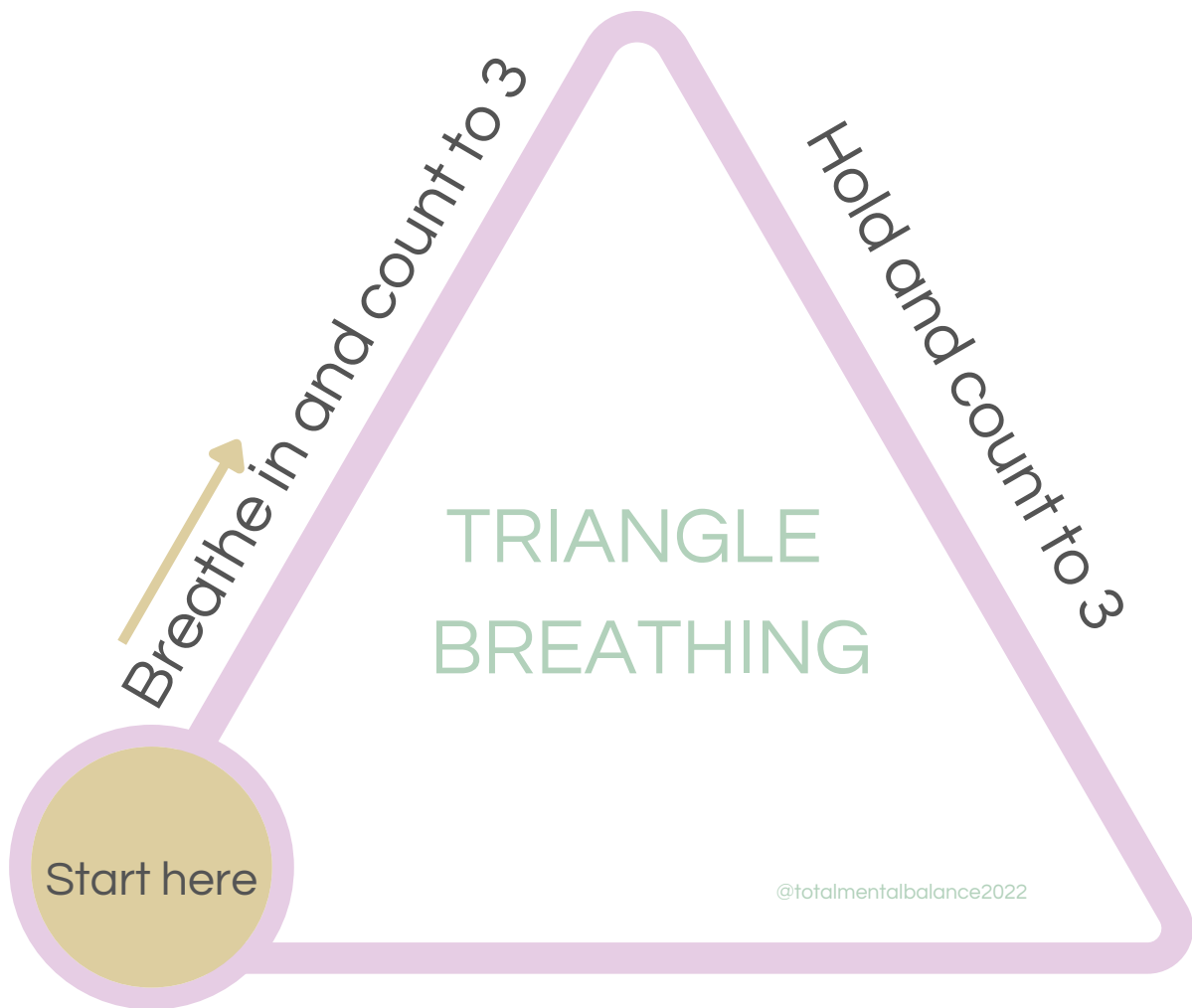
Mindfulness Breathing Cards



Mindfulness Breathing Cards



Mindfulness Breathing Cards



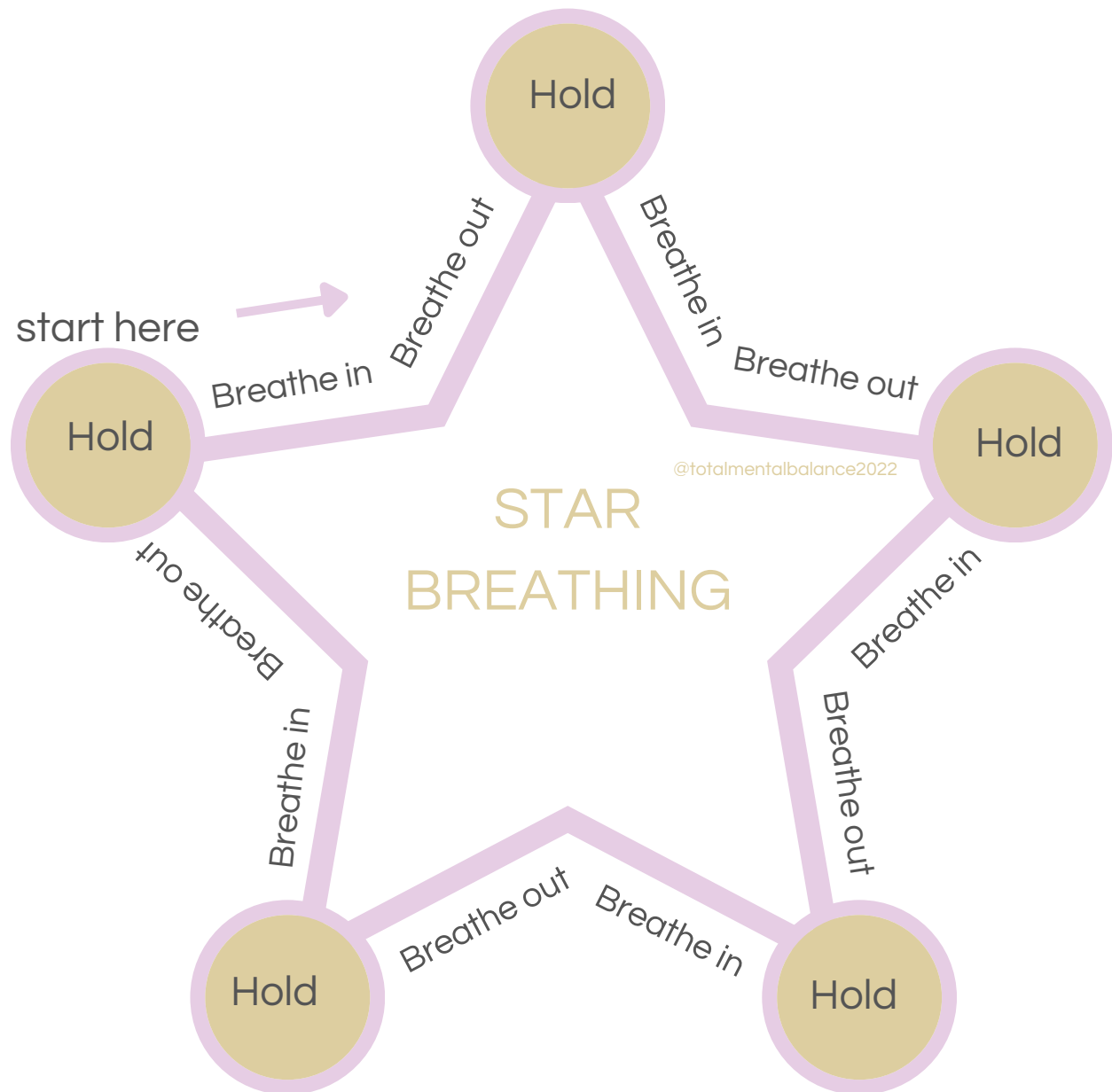
Breathe out and count to 3

Mindfulness Breathing Cards

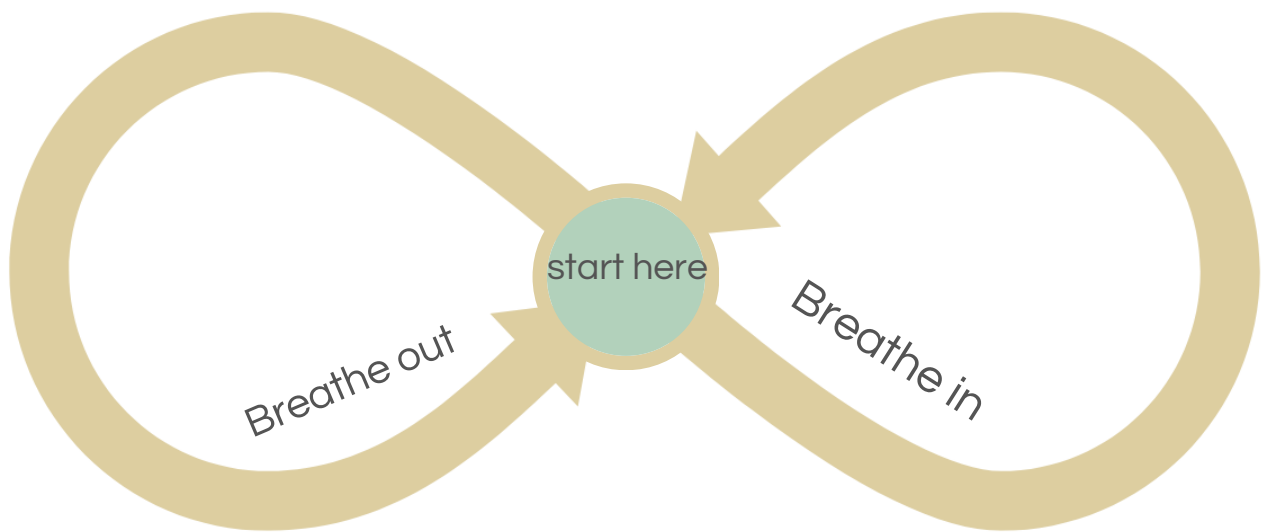


RAINBOW BREATHING

Mindfulness Breathing Cards



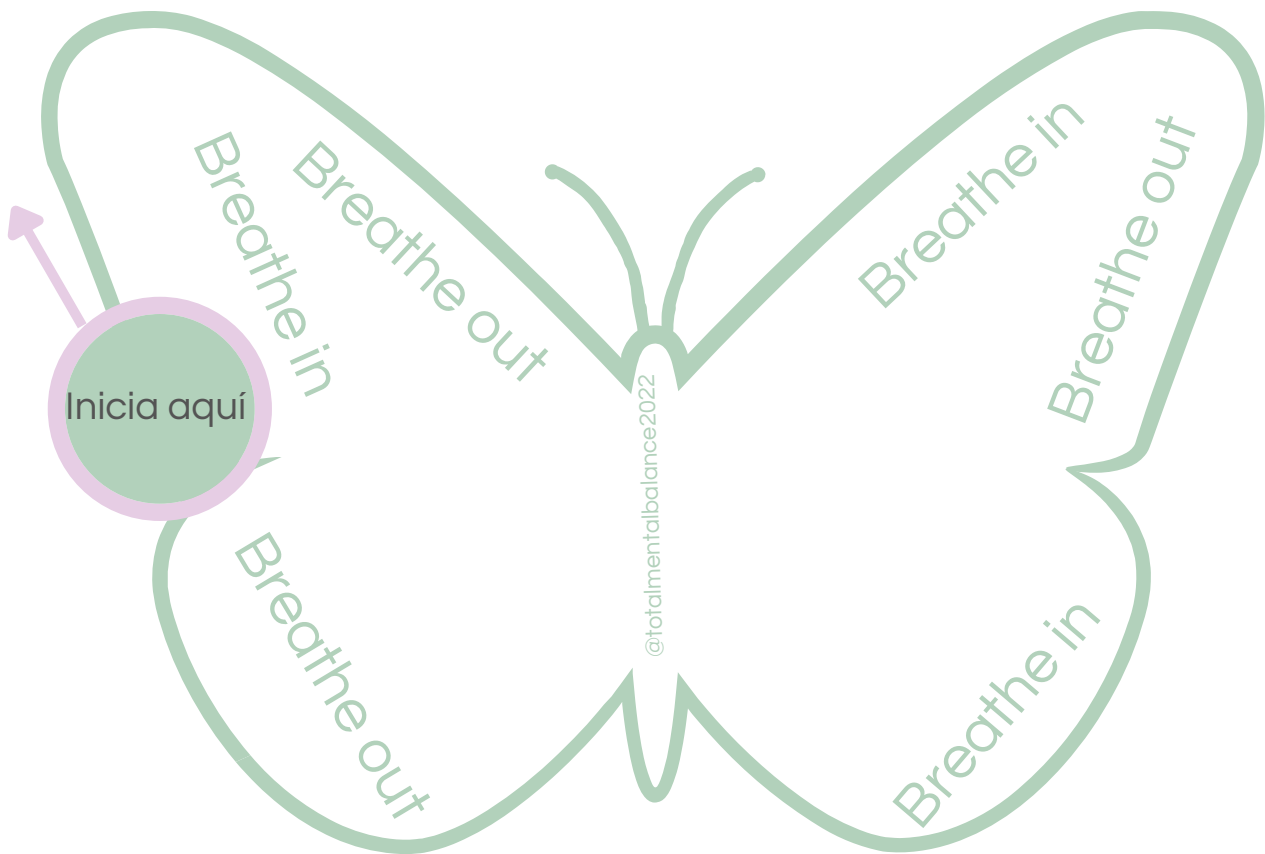
Mindfulness Breathing Cards



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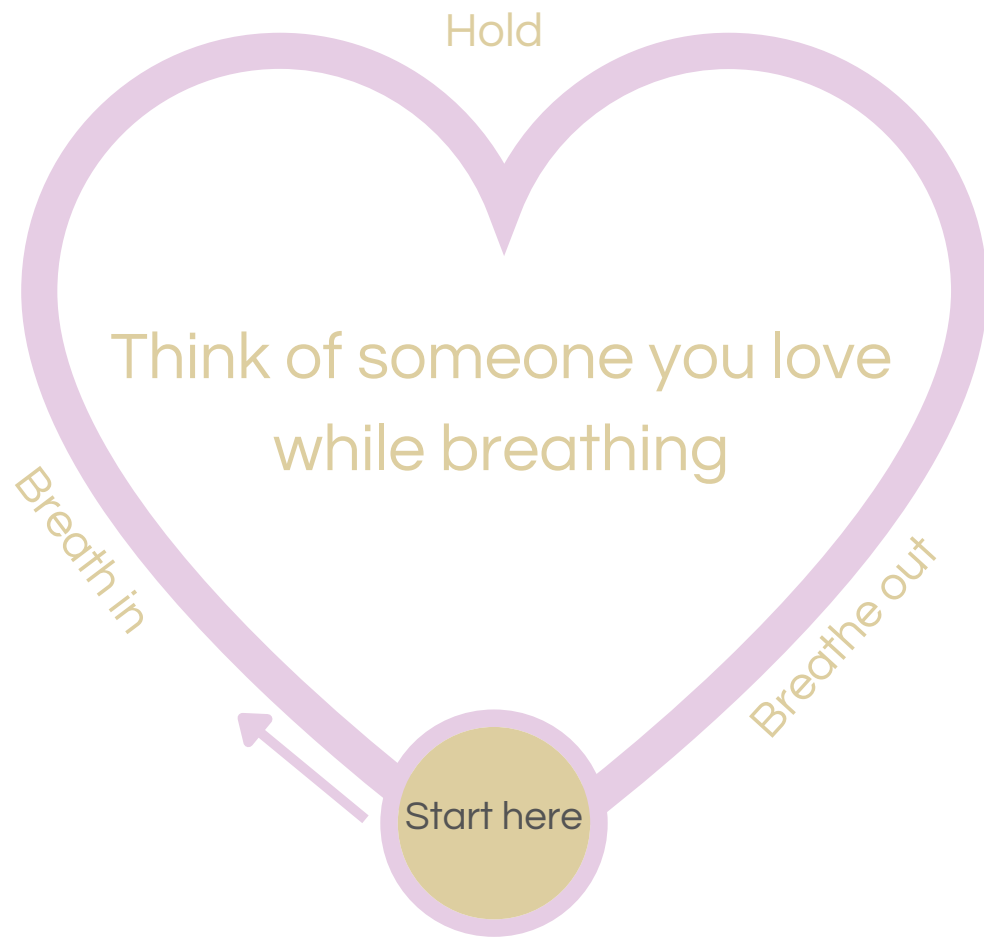
INFINITY BREATHING

Mindfulness Breathing Cards



BUTTERFLY BREATHING

Mindfulness Breathing Cards



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HEART BREATHING