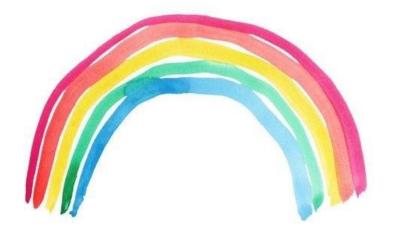
Rainbow Breathing



- 1. Place your finger at the bottom of the rainbow.
- 2. Inhale and trace the red arc until you reach the top.
- 3. When you reach the top, begin to exhale and continue tracing.
- Repeat with each color or until calm and grounded.

