

S.T.A.R.



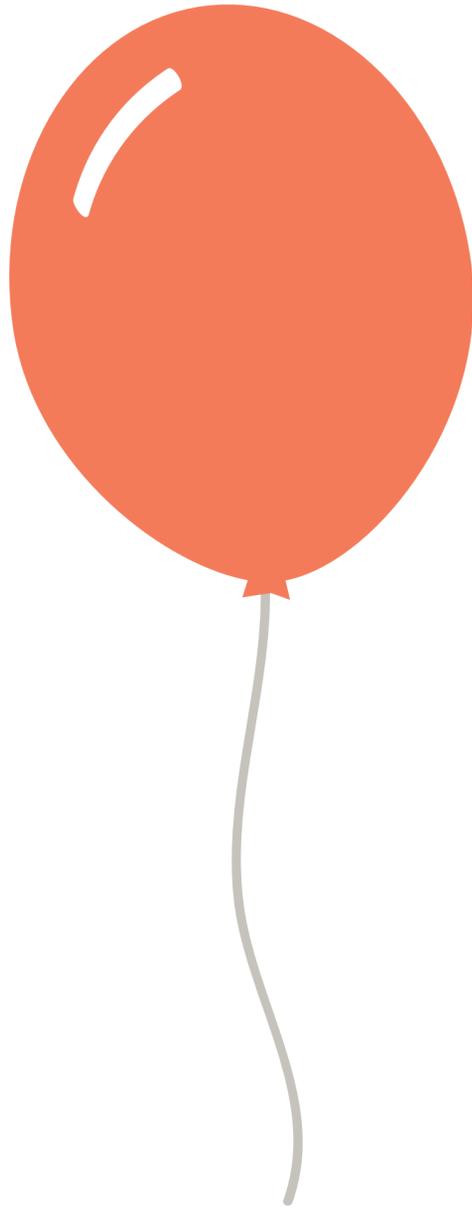
- ① Smile: Trying to smile helps your body relax!
- ② Take a deep breath: Breathe in deeply through your nose and move your belly outwards.
- ③ And: Pause for a moment as you shift from inhaling to exhaling.
- ④ Relax: Breath out slowly through your mouth and move your belly inwards.

DRAIN



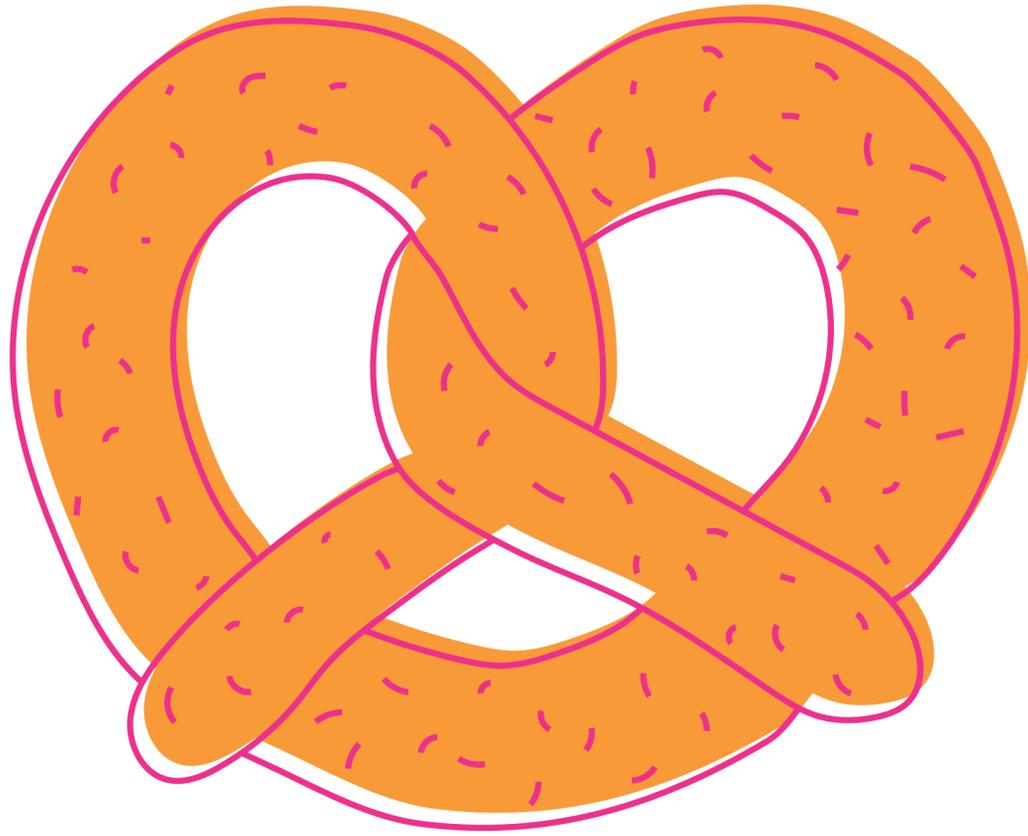
- ① Extend your arms in front of you with palms facing the ground.
- ② Inhale: Squeeze and tighten your fists, arms and face. Pretend your fists are closed drains.
- ③ Exhale: "open the drain" relax your fingers by opening them and making a swishing noise.
- ④ Repeat as needed.

BALLOON



- ① **Inhale:** suck in air in multiple short bursts, blowing up your lungs like a balloon.
- ② **Exhale:** push your lips forward and allow your air to escape like a balloon as it deflates.
- ③ Repeat as needed.
- ④ **Variation:** hold your arms above your head and show them "inflating and deflating" as you inhale and exhale.

PRETZEL



- ① Sit or stand crossing your left ankle over your right ankle.
- ② Extend your arms in front of you with your thumbs down, cross your left wrist over your right wrist.
- ③ Interlace your fingers and bring your hands up towards your chest and close your eyes.
- ④ Inhale: press your tongue to the roof of your mouth and breathe in through your nose.
- ⑤ Exhale: release your tongue and breathe out through your mouth.

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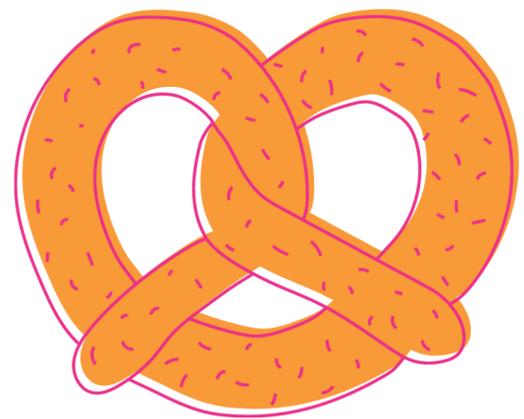
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