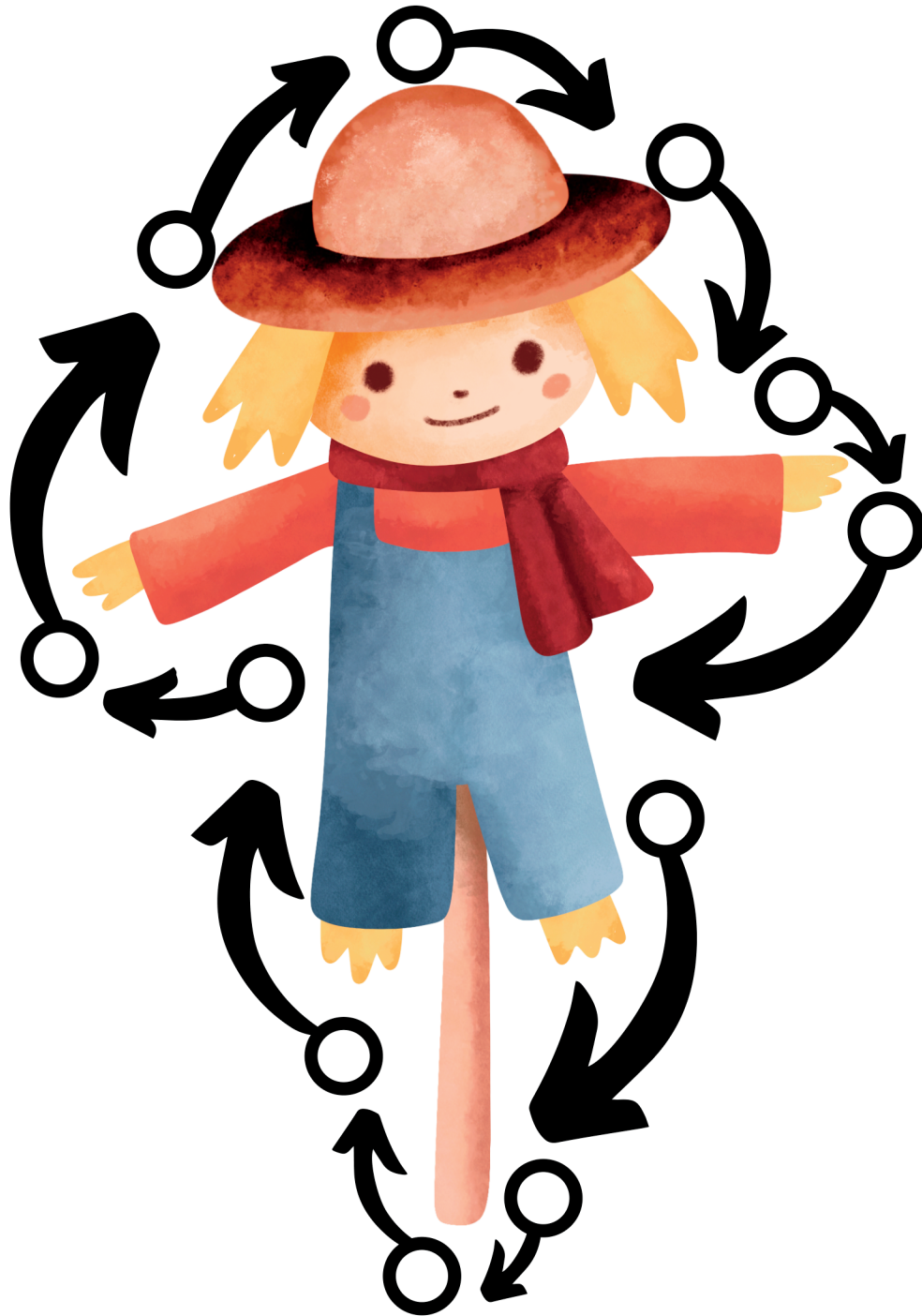


# SCARECROW DEEP BREATHING EXERCISE



1. Place your finger on a white dot.
2. Trace the arrow and take a deep breath in.
3. Pause at the end of the arrow.
4. Trace the next arrow and breathe out.
5. Continue around the image several times.

# THE OT TOOLBOX® RESOURCES

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