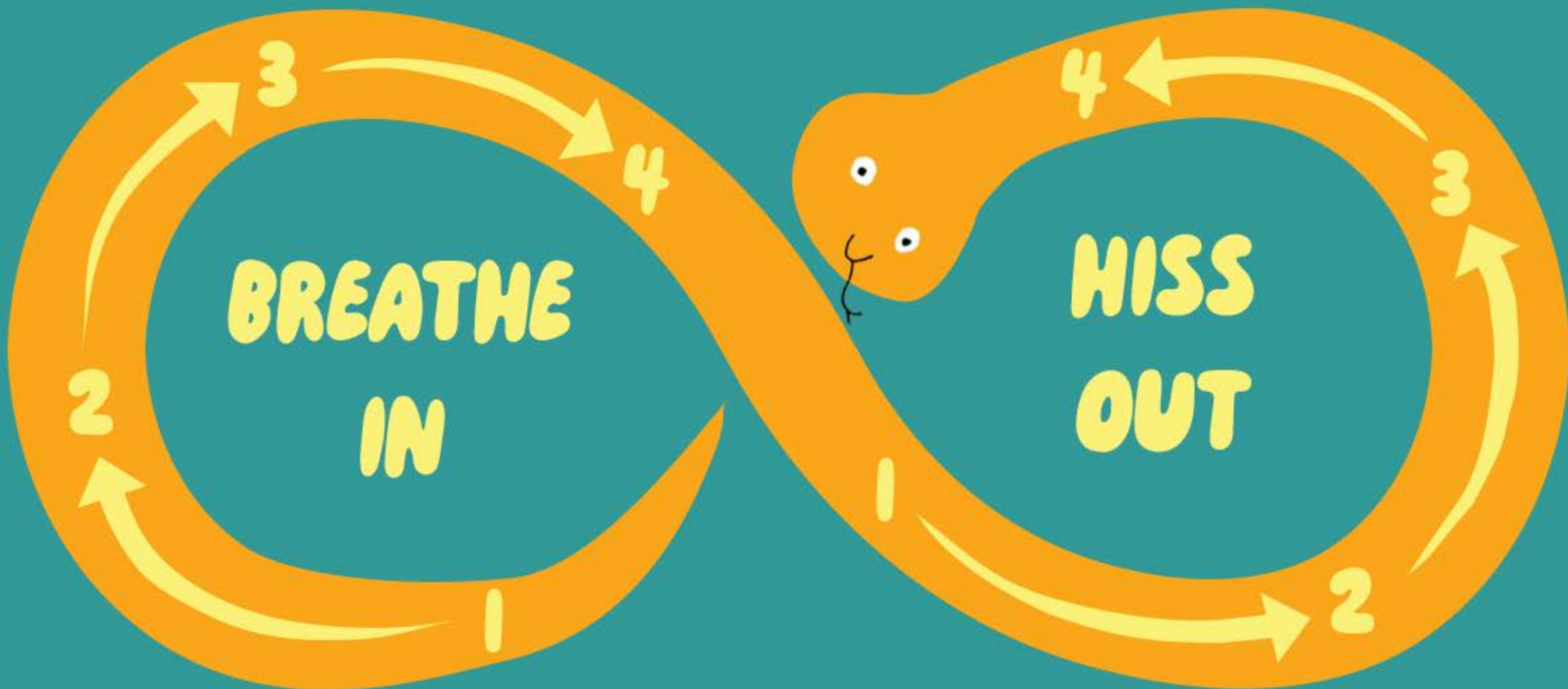




SNAKE BREATHING

**Put your finger on the snake's tail.
Follow the numbers, slowly breathing
in through your nose for a count of 4.
Keep tracing to the snake's head,
hissing out through your mouth for 4.
Repeat a few times.**

**Snake Breathing is an easy and playful
way for kids to practice self-regulation,
helping to calm their body and mind.
Using this card is a fun way for them
to work on focus and coordination.**



**Scan the QR code to
practice with Ranger Robin!**