

Name: .....

Date: .....

## Be Calm

Let's do a breathing exercise and learn to become calm. Follow the below steps.

1. Imagine you are holding a flower in your left hand and a candle in your right hand.
2. Imagine smelling the flower. Take a deep breath in and count till 4.
3. Imagine blowing out the candle and breathe out till you count 8.
4. Repeat this 10 times.



Colour the flower and candle with your favourite colours.