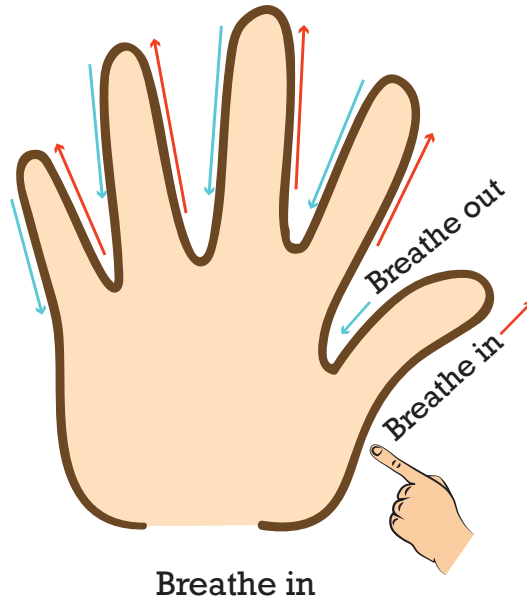


Name _____

Date _____

Let's Breathe, Five-Finger Style!

Teach someone else to use **five-finger breathing** and tell why it is important.



Draw a picture of yourself using your five-finger breathing below.