



# Take a Breath

Slowly trace each line while counting to 4.  
Breathe in tracing out.  
Breathe out tracing back

*I will be okay*

*I can do this*



***Red Hen is in a flap!***

Everyone has moments of stress.  
Slow breaths can help you  
through them

*This will pass*

*I am brave*

***Breathe. Everything else can wait***