

Calming Sequence

1

Squeeze Hands



Deep Breath
(arms up)



Breathe Out
(arms down)



2

Squeeze Hands



Deep Breath
(arms up)



Breathe Out
(arms down)



3

Squeeze Hands



Deep Breath
(arms up)



Breathe Out
(arms down)

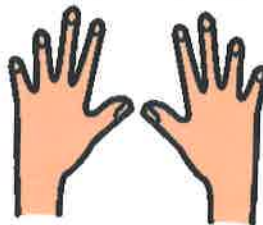


4

Squeeze Hands



Deep Breath
(arms up)



Breathe Out
(arms down)

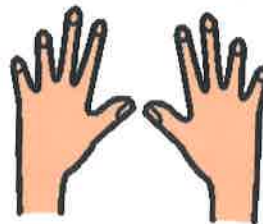


5

Squeeze Hands



Deep Breath
(arms up)



Breathe Out
(arms down)

