



Forest Breathing Exercise

Forest breathing is a fun way to calm your body and mind! 🌳 ✨

Just like trees are strong and steady, breathing exercises help you feel peaceful and in control. It's like giving yourself a little moment of calm whenever you need it.

How To Try Forest Breathing:

- 1) Place your finger at the bottom of the first tree.
- 2) Trace up the tree while breathing in through your nose.
- 3) Trace down as you breathe out through your mouth.
- 4) Move to the next tree and repeat, following the arrows.
- 5) Feel calm, steady, and ready for anything! ✨

