

4th December



Star Breathing

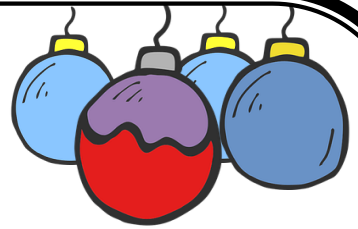
Follow the 'Magic Star' template to start your star breathing.

**Breathe in
Hold at the point on the star
And breathe out**

Follow your way around the star until you feel calmer.

You can use your Sparkle Jar as a timer for your breathing from **Day 3**.

For example, shake your jar and do your star breathing until the glitter settles!



Trace the sides of the star
with your finger
as you breathe in and out



Breathe in

Breathe out

Breathe in

Breathe out

Breathe out

Breathe in

Breathe in

Breathe out

Breathe out

Breathe in

Breathe in



Repeat
the exercise
until you start
to feel
calmer

