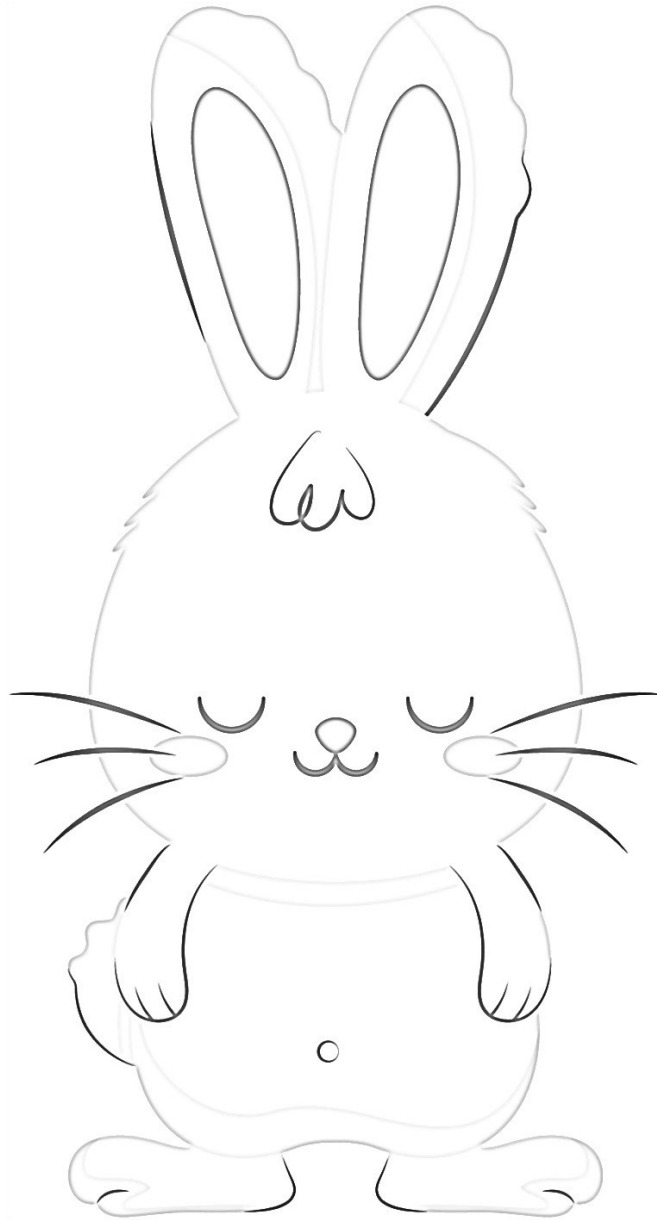


Take a Deep Breath



Count (in your mind) 1, 2, 3

Breathe Out

Count 1, 2, 3

Repeat 3 times



www.parentingtherapy.com