

BOX BREATHING

SLOW IT DOWN TURTLE STYLE!

- 1.) Trace your finger up the box while you take a deep breath in for 4 Seconds.
- 2.) Hold your breath for 4 seconds as you trace along the top of the box.
- 3.) Breathe Out For 4 seconds as you trace the box down
- 4.) Hold your breath for 4 seconds, as you trace the bottom of the box

