

BUNNY BREATHING

🌸 BREATHE IN HOPPY CALM! 🌸

- 1 Get into a comfortable bunny position!
- 2 Wiggle your nose & then take a big deep breath in.
 - 3 Hold for a moment. Then slowly blow the air out through your mouth like a gentle breeze.
- 4 Repeat until you feel like a calm & hoppy bunny!

