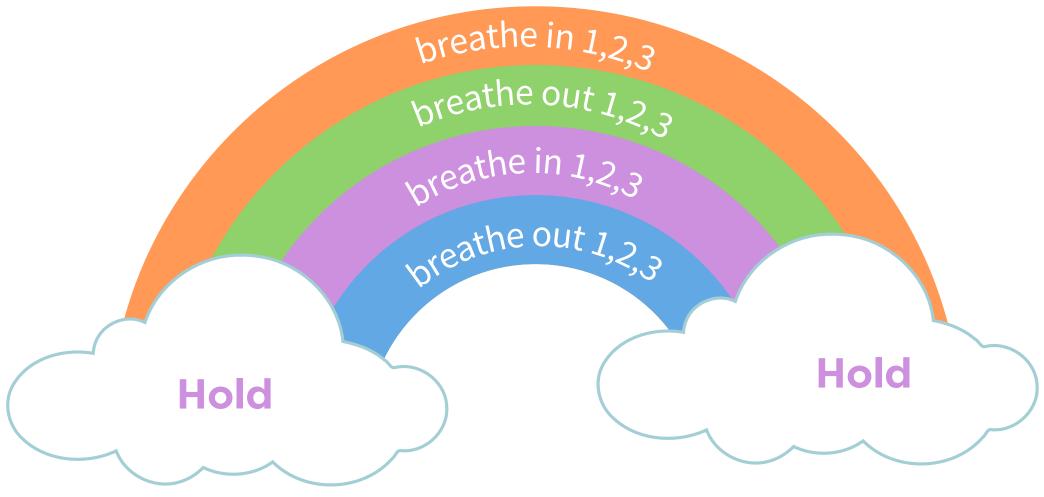
Rainbow belly breathing



Let's do some rainbow belly breathing together!



What do you notice about your tummy?

Do you feel your tummy moving up and down when you breathe?