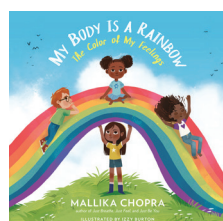


# DRAWING PAGE

Your mind can be a busy place! Draw a picture of what your mind feels like right now.

Breathe in for 4 seconds, and out for 4 seconds. Again—breathe in 1-2-3-4, and out 5-6-7-8. Now, draw a picture of what your mind feels like after you have taken slow, deep breaths.

#BNStorytime



Exercise from  
**MY BODY IS A RAINBOW**  
by Mallika Chopra  
Illustrated by Izzy Burton