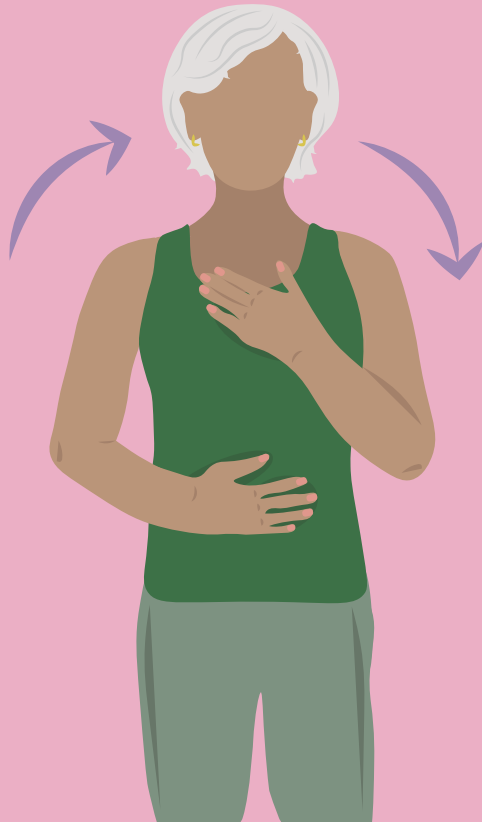


Nourish your Superpowers



**Inhale for 4 seconds
Hold for 1 second
Exhale for 8 seconds
Repeat 10 times**



Choose to move and play



**Be a plant!
Soak up some sunshine
Drink water
Connect with the earth**