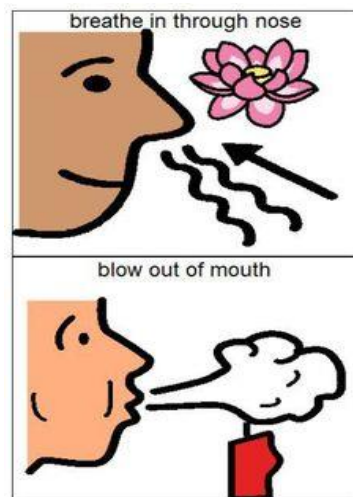
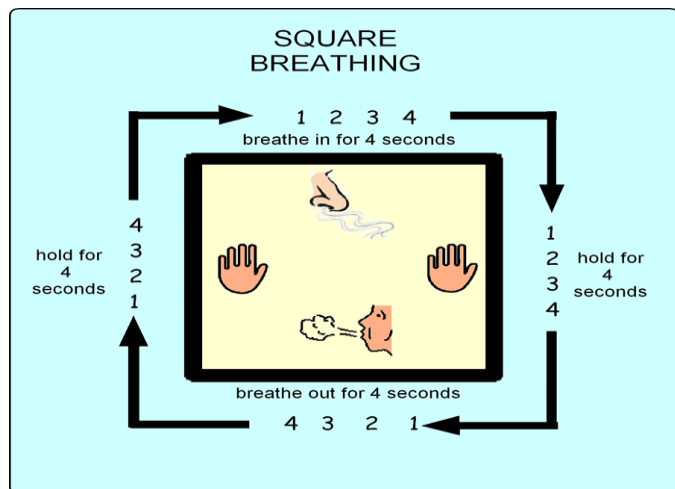
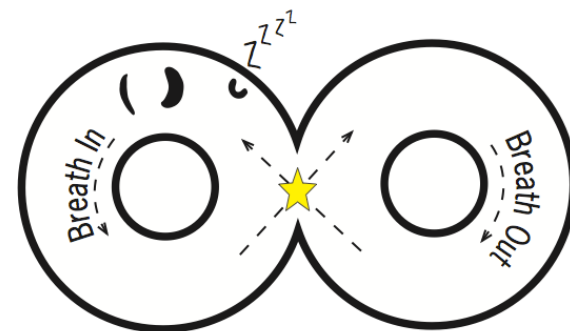


Self Regulation: Regulate Breathing

4 Square Breathing



Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

4-7-8 Breathing

<https://www.youtube.com/watch?v=Uxbdx-SeOOo>

<https://youtu.be/1Dv-ldGLnIY>