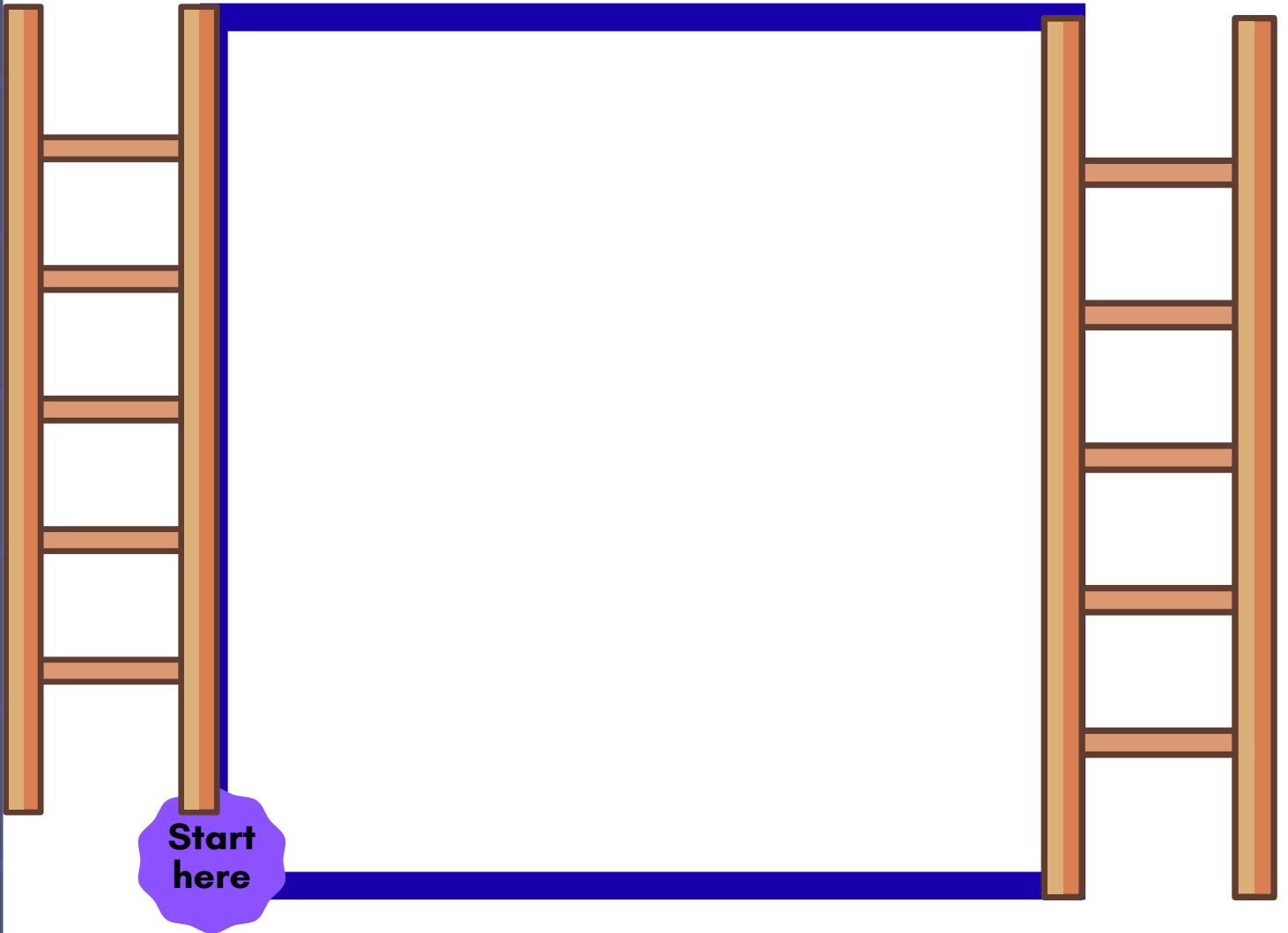




# SQUARE (BOX) BREATHING



**Place your finger on the start here, climb up the ladder with your fingers, hold your breath until you are climbing down the ladder. let your breath out as you slide down the ladder, start again**