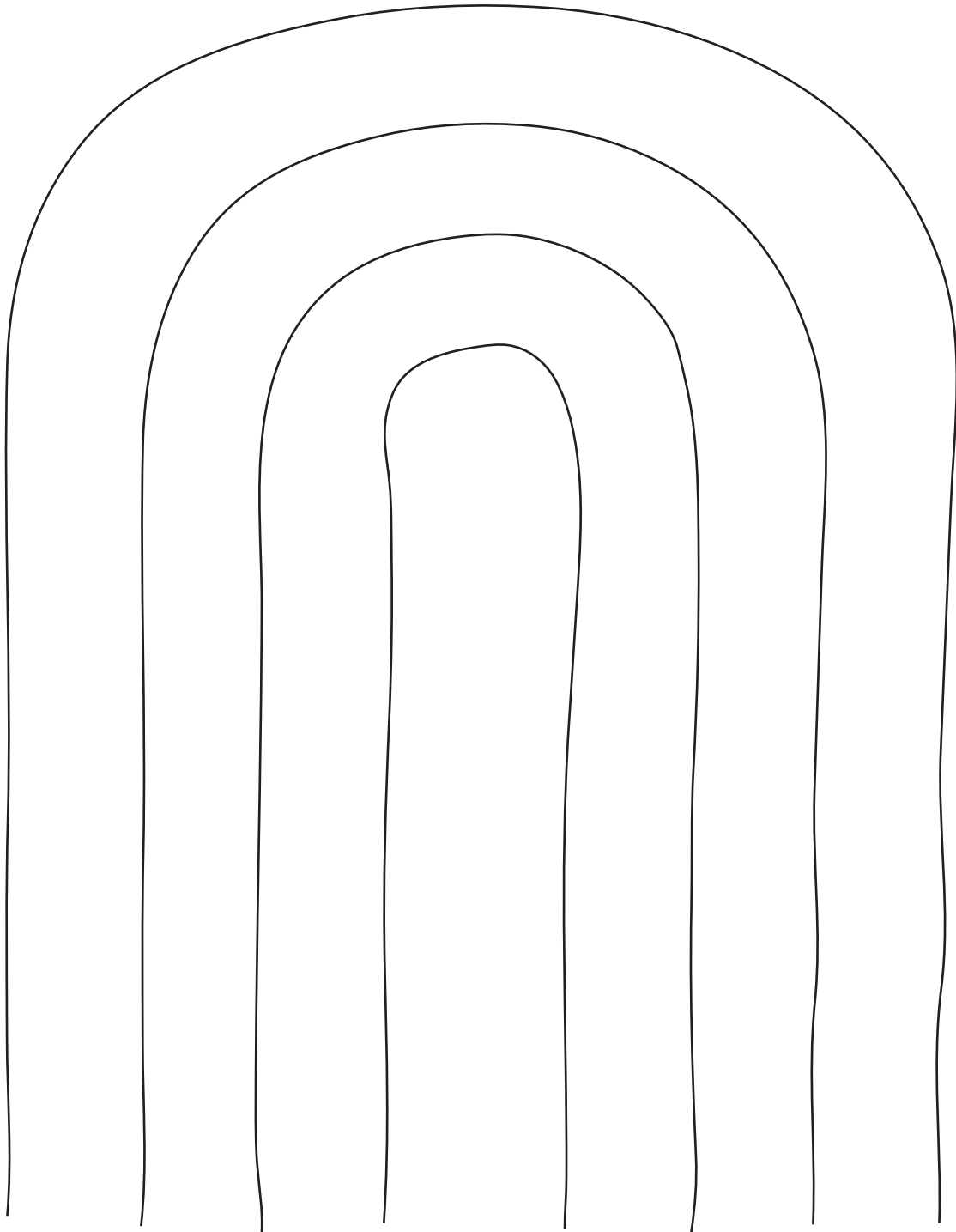


Rainbow Breath:

- Take a deep breath in and imagine the colors of the rainbow.
- As you exhale, slowly color in each section of the rainbow with different colors.



Imagining and coloring the rainbow with each breath can serve as a mindful breathing exercise, promoting awareness of breath and bringing a sense of calm and focus.