Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Breathe in - Breathe out

Turn page until calm

Turn page until calm

Turn page until calm

Turn page until calm

Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Breathe in - Breathe out