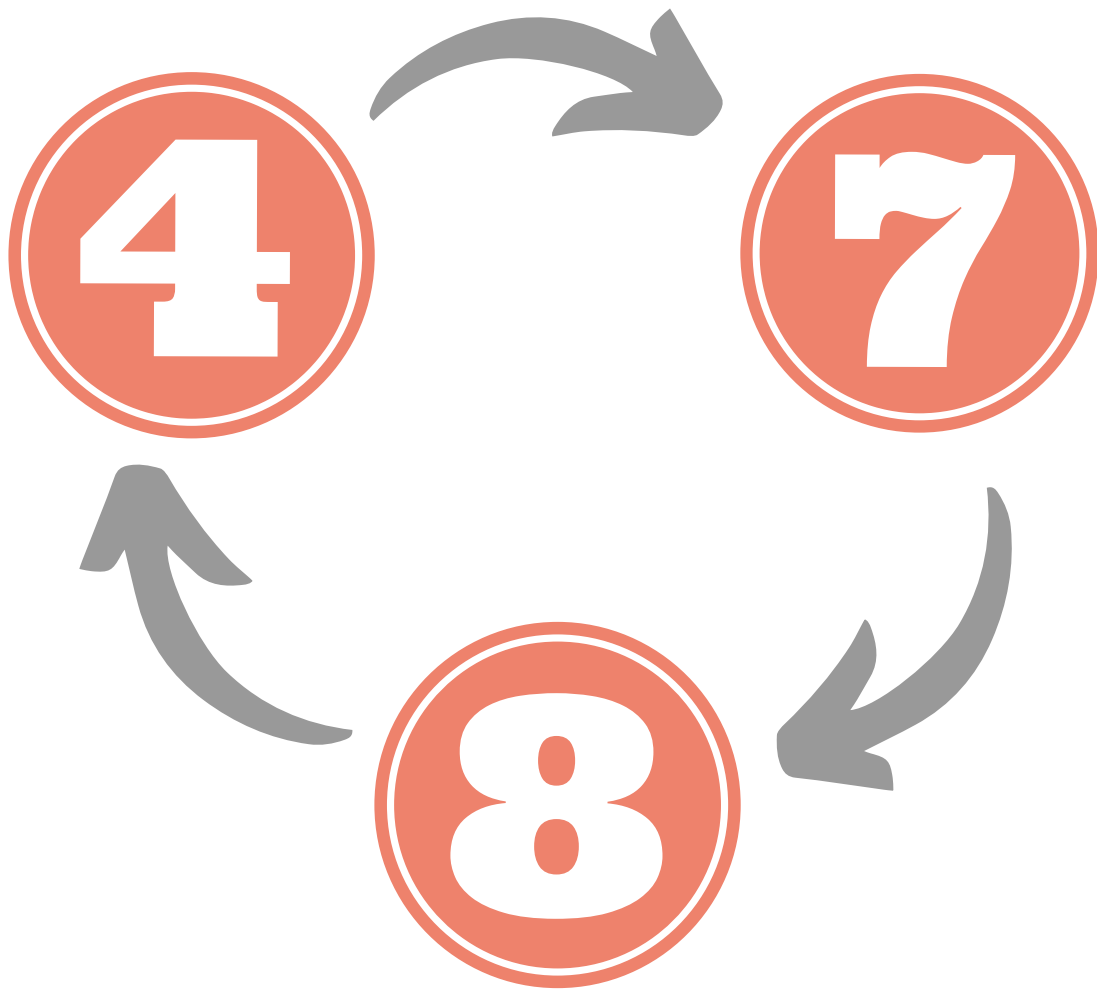


4-7-8 BREATHING

BRAIN BREAK



Breathe in for 4, hold the breath for 7 seconds , then breathe out for a count of 8. Breathe in for 4... and repeat as many times as needed