

Deep Breathing

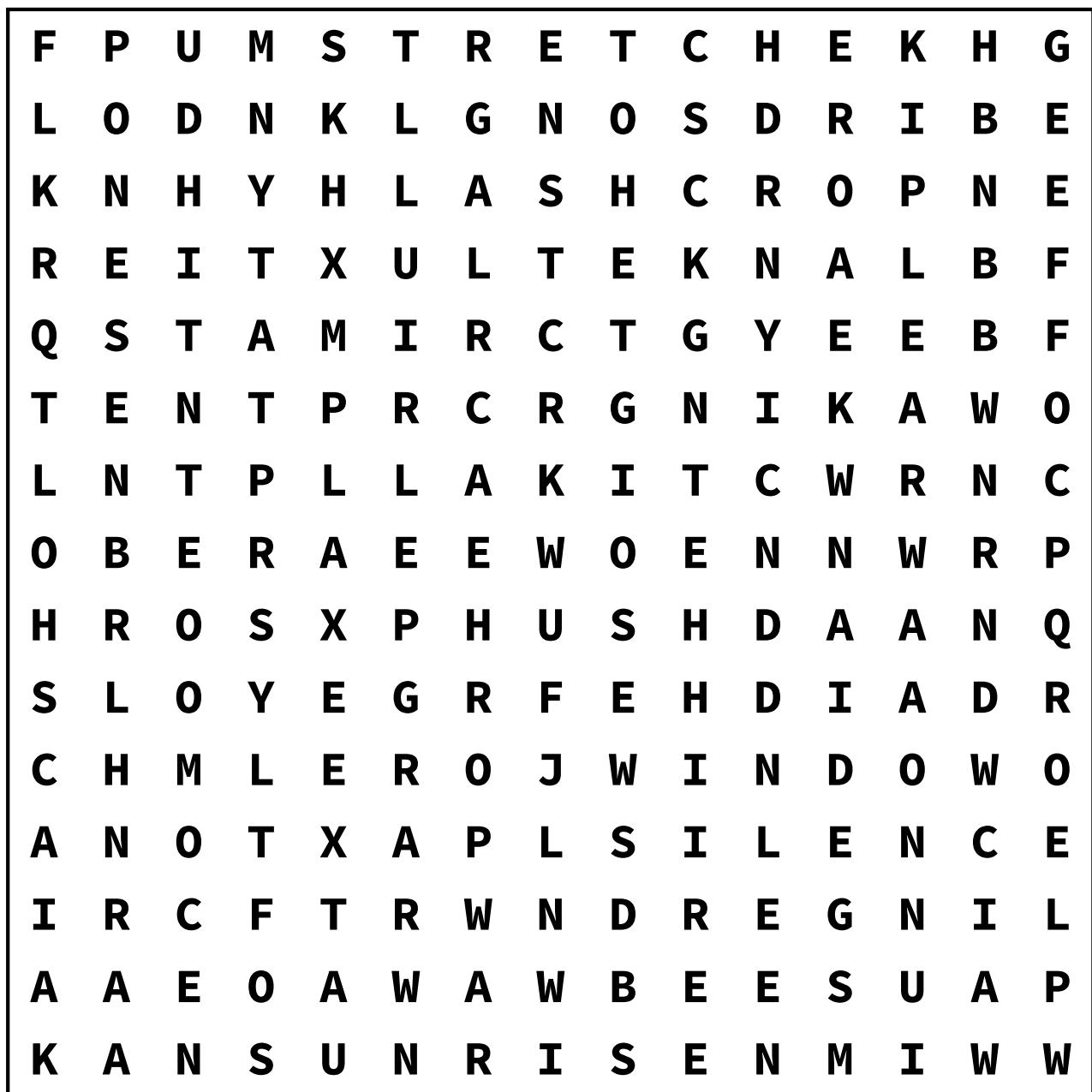


- ☐ BELLY
- ☐ CALMING
- ☐ CHEST
- ☐ COUNTING
- ☐ EXHALE
- ☐ GENTLE
- ☐ INHALE

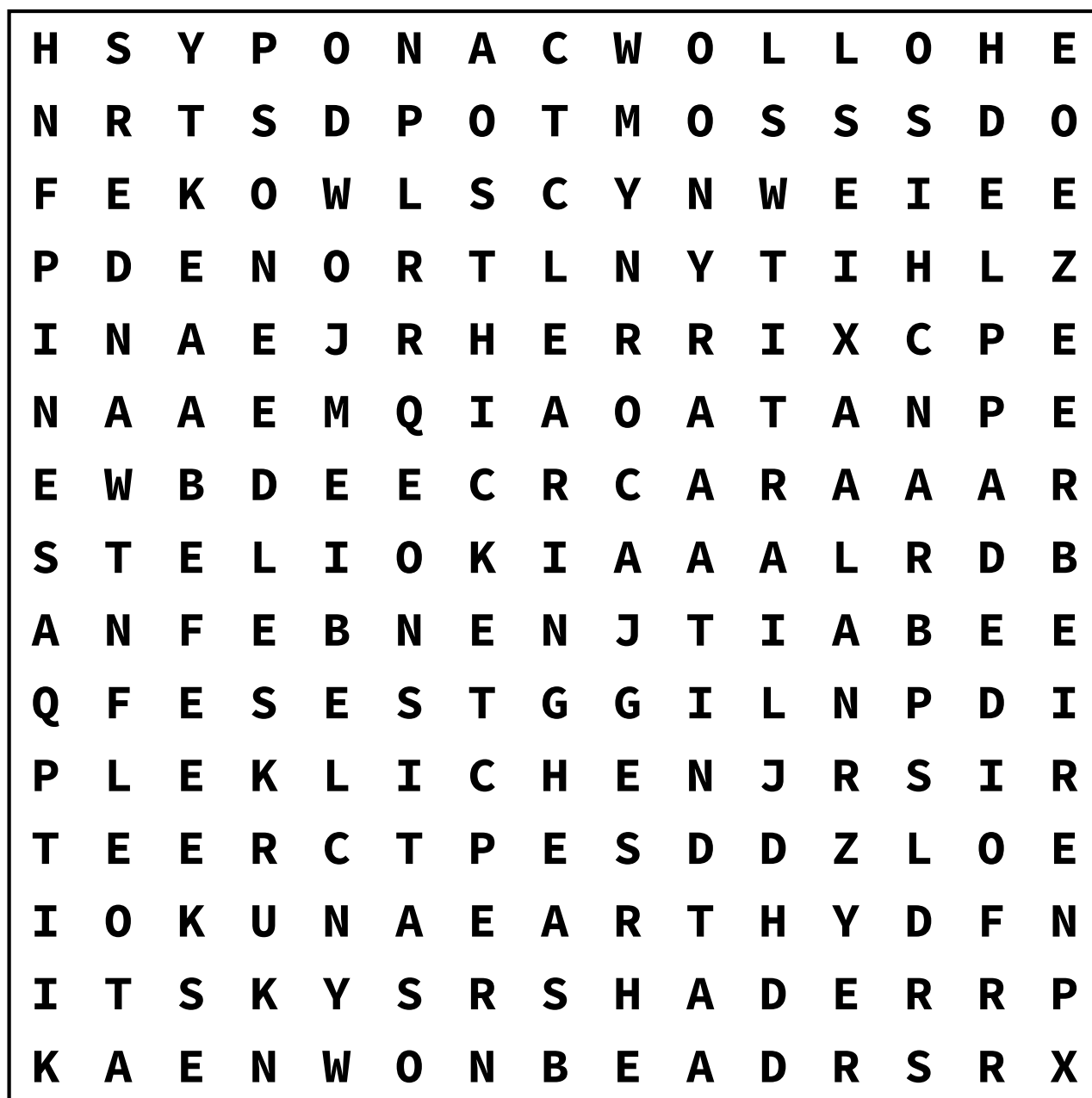
- ☐ LUNGS
- ☐ NOSTRIL
- ☐ OXYGEN
- ☐ PAUSE
- ☐ QUIET
- ☐ RELEASE
- ☐ REPEAT

- ☐ RHYTHM
- ☐ SLOWLY
- ☐ SOFTEN
- ☐ STEADY
- ☐ STILLNESS
- ☐ TENSION

Morning Stillness

☐ BIRDSONG☐ BLANKET☐ COFFEE☐ DAWN☐ GOLDEN☐ HUSH☐ KETTLE☐ LINGER☐ PAUSE☐ PORCH☐ PRESENT☐ SILENCE☐ SLIPPERS☐ SOFTLY☐ STRETCH☐ SUNRISE☐ UNHURRIED☐ WAKING☐ WARMTH☐ WINDOW

A Quiet Forest

☐ ACORN☐ BRACKEN☐ BRANCH☐ BREEZE☐ CANOPY☐ CLEARING☐ DAPPLED☐ EARTHY☐ FERNS☐ HOLLOW☐ LICHEN☐ MOSS☐ NEEDLES☐ OWLS☐ PINES☐ ROOTS☐ SHADE☐ THICKET☐ TRAIL☐ WANDER