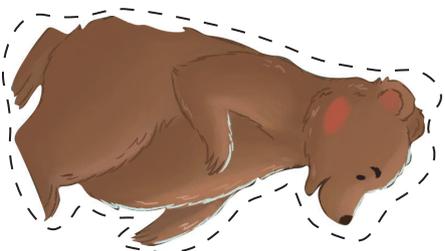
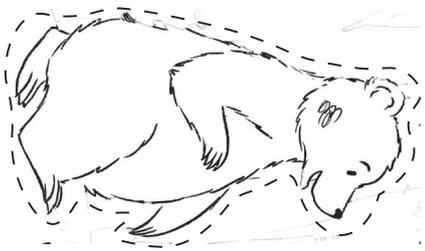


# BIG BEAR BREATHS

Decide whether you want to use our Bear or colour in your own and cut him out.

Place him anywhere on the "Figure 8" shape. Whilst breathing in, guide him round the shape. Then whilst breathing out, go round the shape in reverse. Repeat this a few times to allow your breathing to regulate.



BEAR